

## MILTON'S KEEN

King of the pun-liners gears up for Greenwich with his greatest hits **P73**

Everything's looking up



GILES BROADBENT

Don your harness, your jumpsuit and your climbing shoes, hook up to the wire and trudge upwards to a 360 degree view of east London. That is the proposition of the new attraction in Greenwich, Up At The O2, and *The Wharf* went along to experience the thrill. **Pages 4-5**

Talks go on with CWG over future of compensation

## TfL pay £40m fines for Jubilee failure

■ Jubilee line failures have resulted in Transport for London paying more than £40million in fines to Canary Wharf Group. ■ And that figure could rise even further with talks continuing between the two about the future of the payment schedule. **Full story / Page 7**

## Inside



## Meat up at the Marriott

Canary Wharf is going steak crazy – and we sample the latest **P81**

## JOBS

Our 8-page pull-out could hold your future

## Health and Beauty special



How to get a bikini body + personal training – in our 4-page special **P76**

## Plus

- Putting 'can' in Canary
- Blitz gun celebration

**PROPERTY SPECIAL** Focus on living near the Jubilee line in our 48-page pull-out



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## WEATHER

**23C TODAY**  
Showers

**19C FRIDAY**  
Showers

**18C SATURDAY**  
Scattered showers

**18C SUNDAY**  
Light rain

**18C MONDAY**  
Showers



## TRAVEL

**TUBE & DLR**  
DLR is fine. The Jubilee line is closed between London Bridge and Finchley Road.  
**ROADS**  
Greenwich Park is now closed until October.

Don't even  
**THINK of going home until 4.30pm**  
when you can check our daily travel update

## INSIDE

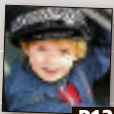
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# Agenda

## I'm overstuffed with TV cookery shows

There is a glut of television food shows. *Masterchef*, *Masterchef: The Professionals*, *The Hairy Bikers* and *Saturday Kitchen*. And those are just on the BBC. We've been blind baked in cookery series, deep fried in culinary delights and seasoned with celebrity chefs. I'm feeling stuffed.

Initially the foodie shows drew me in. They feel educational. I know my fava beans from my flageolet, my bain-marie from my Dutch oven.

Don't try and palm me off with a bisque when I've ordered a consommé, I've watched four series of *Great British Menu*.

### BLONDE'S EYE VIEW



ANGELA CLARKE

Cookery programmes feel indulgent. Series like *The Great British Bake-Off* speak to our idea of a past filled with homemade cakes and jam.

Who cares if the reality was rations and out of date Mr Kipling bought from the Spar. Comfort food in the form of television, comfort food on the television.

Night after night, meal after meal, you can watch food being prepared, competed over and eaten.

Rachel Khoo for the quirky hipster crowd, who hold dinner parties in their tiny flats; Mary Berry for the traditional brigade who like to bake in their floral housecoats.

The TV feeds us what we want: lashings and lashings of sugar, mounds and mounds of cheese. As a nation we may be eating our way towards obesity with Nigella and her glossy hair, but Jamie will be right behind us with some tasty healthy dishes to get those scales back down.

I've got indigestion. I haven't got time to cook. Slurping a bowl of cornflakes while watching an à la carte extravaganza is pathetic. My fish finger sandwich and I have had enough. We're off to watch a crime show.

Find Angela on twitter:  
[@TheAngelaClarke](https://twitter.com/TheAngelaClarke)

## Reuters' view



Rihanna goes into the crowd during a performance at the Hackney Weekend festival at Hackney Marshes. More pictures / Page 8

A week  
in photos  
Page 84

Win dinner, a movie  
and a Storage 24  
goodie bag **P85**

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**Write** to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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## 60 Second Wharf

### View from the top

The O2 has opened up its iconic roof for intrepid visitors who want panoramic views of east London.

**Page 4**

### Memories of war-time

A new gun emplacement has opened at Mudchute to commemorate those who struggled through the Blitz.

**Page 6**

### Cable car as back-up

The cable car, which opens today, could run for free during the Olympics if other transport is disrupted.

**Page 8**

### Ready for the big drill

Two vast shafts have been sunk into the Limmo peninsula ready to take a Crossrail boring machine.

**Page 11**

### Campbell's media recipe

Alistair Campbell has suggested true investigative journalism needs support "like the BBC".

**Page 15**

### Still carrying a torch

An Olympic torch bearer may have to sell his copy of the iconic symbol to keep his charity on the road.

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## ONLINE

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# Can we build them?

## EXHIBITION

Designers go to work with tuna and baked beans as inspiration

**Giles Broadbent**  
@wharf.co.uk

SOME of the best architects, designers and engineers in the world were stripped of their props and gadgets and given a very basic raw material – the food can – on which to unleash their imagination.

The result can be found all over Canary Wharf where impressive edifices and bizarre shapes have made their temporary home in Canada Place, Cabot Place and Churchill Place shopping malls as well as in One Canada Square.

Construction has featured in major cities across the world – New York, Vancouver, Melbourne – but never before in London.

The tin can is not just food for the imagination – after the displays are dismantled, the cans will be collected by food charity FareShare and

# 6,000

People will benefit from the food once it is distributed

distributed to 6,000 people providing 35,000 meals.

Canary Wharf Group arts and events manager Sian Astrop said: "To have such a high calibre of design, architectural and engineering talent taking part in our first event is fantastic, and further cements the global popularity of Construction as a great cause."

"This is a unique opportunity for Londoners and visitors to Canary Wharf to view giant sculptures with a twist – conceived from pure imagination and built by teamwork."

"And to know that all the cans in the exhibition will help in the fight against hunger makes this event even more rewarding."

The structures will be in place until July 7.



Architects, designers and engineers pit their wits against gravity as they build elaborate structures from tin cans



## (Yes we can)



## NEWS IN BRIEF

What's happening

### Athletes set for estate triathlon

**CANARY WHARF** Top athletes are gearing up for this evening's triathlon taking place across the estate.

The GE Canary Wharf Triathlon is a super-sprint eliminator race. There will be two heats for men and women with faster finishers progressing to the finals.

Companies will also take part in the corporate challenge section of the event.

Each race lasts just 30 minutes. The multi-lap course offers viewing throughout the swim, run and bike sections.

The 60 pros will swim 400m in the middle dock, cycle 10km and run 2km round the estate. It all begins at 6.15pm.

### Pianos hold keys to outdoor sound

**CANARY WHARF** Piano players are being invited to do impromptu performances at Canary Wharf during this year's City of London Festival's Golden Jubilee.

Fifty pianos are placed around the capital, with one on the Wharf estate at Reuters Plaza between June 24 and July 27.

### Dancers invoke spirit of the sea

**CANARY WHARF** Greenwich and Docklands International Festival comes to Cabot Square on Saturday afternoon with the outdoor dance spectacle Seasaw.

Inspired by the relationship between humans and water, Seasaw combines contemporary dance, performance art and physical theatre vignettes with water, humour, and outstanding performances from Tilted's cast of seven dancers.

## Read on »

Pick of the tablets  
Page 75



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## News

# Upwardly mobile and ready to harness the view

## EXPERIENCES

## Giles Broadbent

acquires the spirit of adventure and clambers over the roof of The O2

HERE'S the easy option: The O2 could have built a vast Stannah stairlift that took all-comers to the peak of its iconic roof. In a steady drone, rising to the heavens, the elderly, frail and obese could have ascended, strapped in but comfortable, conveyed and cowed.

There could be flask breaks and oxygen stops and chuntering counter-weights descending to keep the balance, like a Welsh mountainside funicular.

That would be a way to go. Boring, yes, but inclusive and beige and all

those things that modern life likes but you don't want in an attraction that takes you 52m into the sky onto a roof.

(Something magical about rooftops, isn't there? Dick Van Dyke and all that.)

No, here, in Up At The O2, (too many prepositions for a title) you want a taste of adventure, if only a tingle on the tongue from a pipette shot of adrenalin.

And if you want to see the vast panorama of east London – Canary Wharf, the Orbit, the Royal Docks, the Thames Barrier – well, remember what Debbie Allen said in *Fame*: "You want views? Well, views cost and right here is where you start paying – in sweat."

No faint-hearts. No-one weak of limb or soft of resolve. No lily-livered, muffin topped, state-coddled idlers welcome.

While the attraction doesn't exactly take you to the extreme, it does nudge you to the outer perimeter of the bit before the edge of your comfort zone.

I'm not suggesting roller-coaster thrill or a pilot-has-fainted thunderclap but it does leave you a little puffed and, maybe, disconcerted. For example, if you drop stuff over the side, it's gone – so that's like *The Poseidon Adventure* isn't it?

In fact, there's something very Disneyland about the experience from the outset. Waiting is not a pleasure, more an endurance leavened by a sense of impending adventure. Inform, entertain, get the paperwork done.

So we have Rupert briefing us on screen. A rather excitable Englishman, he calls on our heritage of derring-do, our sense of pride and patriotism to get us to the top, with all those pesky health and safety lessons tucked in between for good measure.

We know our purpose, our birth-right our destiny – and where the toilets are, just in case.

An hour and a half for a complete trip, we were told. Seemed excessive. But then there were the checks, the straps, the harnesses, the nervy banter between newly-bonded brothers and the lessons in clamping on to the wire so you don't tumble down, Jack and Jill style.

Part of it was probably prescribed by the HSE, but it did add to the drama – as though we really were steeplejacks, or mountaineers, or Chinese engineers in some Channel Five documentary.

Either way, the ascent was overseen by a Sherpa Tensing – ours was Adam, generous with his time and eager to please – and our excursion jellied the legs for the unfit (me) and curdled the lunch of the lesser folk (so not me).

If heights are not your thing, you wouldn't be here but if steep slopes



A view down on to the 320m walkway and the viewing platform looking west towards Canary Wharf and, beyond, the City



**52**  
Metres  
at the  
highest  
point

## FACTFILE

■ Climbs take place every 30 minutes and run noon to 8pm weekdays in the summer and 10am to 6pm at weekends.

■ Tickets cost £22 for adults and children (over 10) and all the gear is provided. Stringent health guidelines apply.

■ Pre-booking is recommended, online at [o2.co.uk/upattheo2](http://o2.co.uk/upattheo2)

ground-level mostly, there is enough to excite.

The empty cable car slung to and fro dejectedly, the planes rose from City Airport, the sun hit the Thames and the playful Shard hid behind the skirts of One Canada Square, a perspective that flatters the latter.

Then it was down the other side, marching sideways like crabs and both ruing and grateful for the benevolent weather (for the rain would have made the descent slippery and heart-pumping).

In our gear – jumpsuits, harnesses, climbing shoes – we were swash-buckling outsiders in an attraction busy with diners and gawpers and somnambulists.

But if there were any doubt that we were back down to earth then – well, we exited through the gift shop. Did Edmund Hillary? Did Chris Bonington? Did James Bond after his skiddy descent down the iconic parabola.

Oh, forget it. The moment's gone.

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## Crystal throws open its doors in autumn



ONE of the World's most sustainable city buildings will open to the public in the Royal Docks this autumn.

The Crystal, created by leading energy firm Siemens, will launch with a spectacular gala event on September 19, before hosting the UN Habitat's Urban Planning Conference for three days. It will then officially open on September 24.

The venue, which will use solar power, ground source heat pumps and energy efficient LED lighting, will be home to an interactive exhibition about sustainability and trends affecting cities.

It is a leading part of east London's Green Enterprise District.

Speaking about the opening, Mayor of London Boris Johnson said: "The Crystal is set to be a stunning new addition to London, generating jobs

and furthering my ambition to regenerate a once neglected area of the capital.

"Not only this, but the flagship Siemens sustainability centre shows that this city has the clout to bring in world class businesses to invest in our future, in this case by promoting London's status as a global hub of green innovation, technology and skills."

The Crystal, based at the western end of the Royal Docks, is expected to attract 100,000 visitors each year and will be the base for 230 Siemens employees.

Siemens chief executive Roland Aurich said: "The aim of the Crystal is to inspire people and help us collaborate to find solutions for making the world's cities more sustainable."

**Rob Virtue**



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# Reminder of the darkest hours of Island's war

## HERITAGE

Gun emplacement is opened with a fanfare to tell a story of courage and terror

Giles Broadbent  
@wharf.co.uk

IT WAS the first night of the Blitz – September 7, 1940 – when the capital received its first bloody taste of German airpower – and the Isle of Dogs was in the frontline.

A battery manning guns took the brunt of the first wave, virtually destroying the canteen and dormitory and, crucially, the radar.

Site Commander Captain WJS Fletcher was inspecting young new recruits when the warning came – but they were quickly put to action, firing by sight at what they could see.



Meanwhile Captain Fletcher had other business.

"He then went out into the streets of the Isle of Dogs to help defuse all the firebombs," said Jenny Barraclough. "He was awarded the only MC that was earned on British soil for bravery."

Ms Barraclough was a driving force behind the recreation of the gun emplacement in Mudchute which, after much fund-raising, was completed at the weekend with a banquet, attended by Bamber Gascoigne and Delia Smith, followed by a community celebration.

The gun is just one element of an exhibition that will become part of school tours of the Mudchute Farm.

Mrs Barraclough said: "We've got in one bunker a little exhibition that has a short film about the Blitz over the Isle of Dogs and the role of the gun and also gas masks, field telephones – the sort of stuff the gunners used on the site."

"In another bunker we had a life-sized royal artillery gunner. He appears to be taking a shell out of the bunker to the gun."

Elsewhere, there is a classroom full of authentic and replica exhibits showing how people lived – their rations, the shelters, the evacuation.

Mrs Barraclough said: "We hope that children of the areas of all nationalities will remember just what happened in the Second World War and what the local community went through and the fact that by end of



Jenny Barraclough enjoys the atmosphere as residents gather for the unveiling of the new emplacement



the war 75 per cent of the housing was uninhabitable. It's just to tell children and young people what happened and for old people to remember – they loved it."

At the ribbon-cutting ceremony there was thanks to the Heritage Lottery Fund, which funded the site restoration with £50,000, and Veolia which gave money to build an access

road. Then it was on with the celebrations as residents in '40s dress listened to war-time music, clambered on the gun and peered into the bunkers.

Mrs Barraclough said: "I'm really pleased. People have taken to it tremendously. It's better than I ever dreamt. It's going to be of tremendous interest to people and it's already proving to be so."



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# Delays in Jubilee line cost TfL £40m in compensation

## TRANSPORT

And the figure may rise as talks continue over payment regime

Rob.Virtue  
@wharf.co.uk

JUBILEE line failures have resulted in Transport for London paying more than £40million in fines to Canary Wharf Group.

That figure could rise even further with talks continuing between the two groups.

The payout arrangement comes following commitment to hit targets when Canary Wharf Group helped fund the upgrade.

TfL has blamed previous contractor Tube Lines for the failures. However, Labour London Assembly member for City and East John Biggs, who questioned TfL's chairman Mayor Boris Johnson on the issue, said it was time TfL took responsibility.

"Canary Wharf Group seems to have made almost half of their money back which begs the question whether TfL is on top of this," said Mr Biggs.

"It can't forever blame the problems on Tube Lines. We've had lots of promises on the Jubilee line so it's disappointing we're still paying out after all this time.

"What we need from TfL is a clear date on when they will cease payments."

The total figure paid so far is in the region of £42million



Canary Wharf Group helped to fund the upgrades

**W** What worries you about this?  
"This begs the question whether TfL is on top of the situation."  
John Biggs

since February 2010. TfL finally made the admission this week when questioned by *The Wharf* about five months of missing payments listed on its website.

Liberal Democrats' leader at the Assembly Caroline Pidgeon said: "It has been a nine-month battle to obtain the information we finally know about TfL's huge payments to Canary Wharf Group."

"For far too long getting answers out of TfL and the Mayor has been like pulling teeth."

"And even now we still do not know whether the final compensation payment has been paid to Canary Wharf Group, or whether more payments will be made in

compensation for the fiasco over the upgrade.

"Boris Johnson must ensure taxpayers and long suffering passengers of the Jubilee line have the full details."

The transport group received £94.5million from Canary Wharf Group for the delay in the upgrade – originally due for completion in 2009 – which aimed to allow for 30 trains per hour at peak times.

Despite hitting that figure, TfL is still in talks with CWG over the future of the arrangement, but it declined to go into further details.

Gareth Powell, director of strategy and service development for London Underground, said: "Payments to Canary Wharf are due to the late delivery of the Jubilee Line upgrade by Tube Lines under the PPP, following their contribution of £94,610,000. The payments are not linked to the provision of 30 trains per hour."

"Our discussions with Canary Wharf about these payments are ongoing."

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# Cable car could ease disruption

## TRANSPORT

Mayor hints at free travel if Jubilee line is hit during Games

Rob Virtue  
@wharf.co.uk

TRAVELLERS hit by Tube or DLR problems during this summer's Olympics are likely to be allowed on the Thames cable car for no extra cost.

Mayor Boris Johnson made the admission at City Hall meeting last week after a question from Liberal Democrat Assembly member Caroline Pidgeon.

It comes as the river crossing, called the Emirates Air Line, is due to open to the public today and become a key transport link this summer.

In response to Ms Pidgeon's query on whether Tube users would be able to ride the cable car for no extra charge when there are problems on the DLR or Jubilee and Central line, the Mayor said: "I can't imagine we'll have any problem with that [idea]. As you can imagine we will put in all sorts of measures to speed the system up across all modes including the cable car."

"It will be open for the Olympics, a great achievement of public-private co-operation."

Ms Pidgeon supported the move as she pointed out the cable car would be a key link between Olympic venues, travelling between stops near to both The O2 and the Excel centre.

She said it was only right that the "long established principle" of tickets being used on alternative forms of transport was upheld this summer if there was major disruption.

"Every spectator for an Olympic event will have a daily travelcard, and it is only right that if the Jubilee line, Central line or DLR are disrupted that they are allowed to make alternative journeys to get to venues via the cable car, at no extra cost," said Ms Pidgeon. "If we have disruption during the Games, spectators must not be out of pocket just to get to their Olympic event."

"Boris Johnson seemed to suggest that this might be a possibility. He now needs to confirm that this is definitely the case."

Ms Pidgeon has asked the Mayor for written assurances.

Tickets are priced at £3.20 each way, although frequent users can buy a 10 ride pass for £16. The Emirates Air Line is due to open today at midday.

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10-ride  
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REUTERS



## Music for the masses

TENS of thousands of young people from the Olympic host boroughs braved sporadic rain to enjoy the free Hackney Weekend festival.

Headliners included local acts Leona Lewis, left, and Dizzee Rascal as well as Rihanna, Jay-Z with Kanye West, Lana del Rey and Jessie J.



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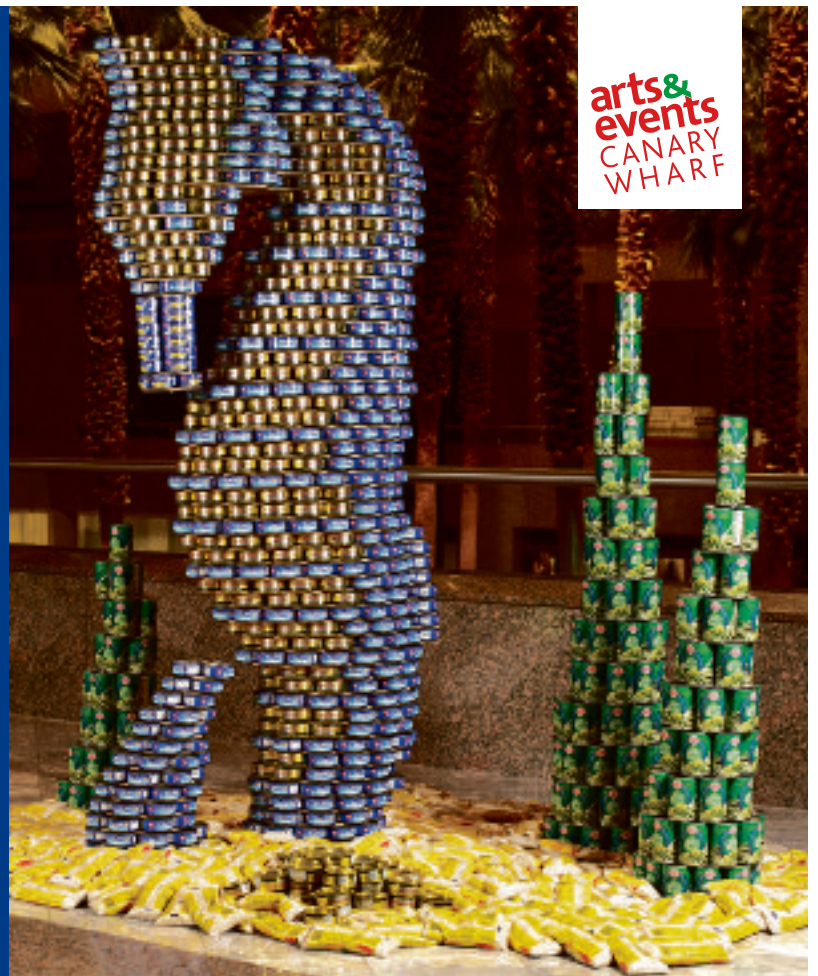


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**Health****Children fall into fast food habit**

**1** ONE in 10 children in Tower Hamlets visits a fast food outlet every day, according to research.

And half the 11-14-year-olds may be eating fast food twice a week, says data from journal *BMJ Open*.

Researchers asked about the eating habits of 193 pupils and attended two schools which allowed pupils out at lunch time.

Two-thirds of the children were entitled to free school meals. One in three was overweight or obese.

The authors concluded: "These schoolchildren are exposed to an environment that is likely to cause obesity."

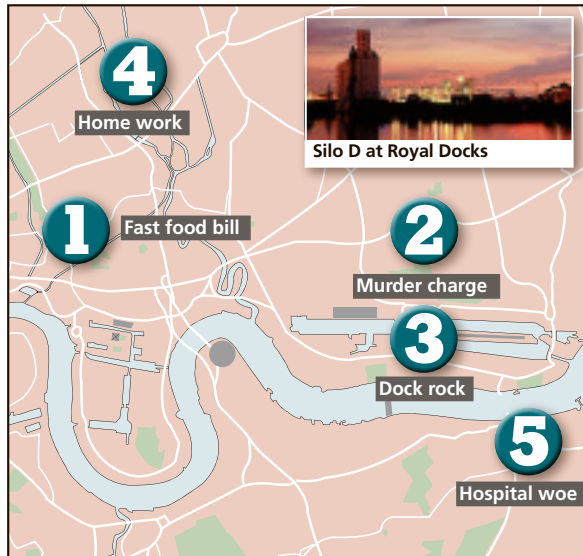
**Court****Nine charged with teenager murder**

**2** NINE men have appeared before Highbury magistrates charged with the murder of an 18-year-old in Canning Town last December.

Danny O'Shea died from stab wounds outside his mother's house.

The men were also charged with one count of grievous bodily harm.

They are Christopher Nathaniel, 40, of and Paul Boadi, 34, both of E14, Paul Johnson, 33, O'Neil Wareham, 29, and Andrew Johnson, 35, of Harrow, Kevin Richards, 32, of NW10, Ferron Perue, 24, of Birmingham, Nugent Rowe, 29, of Pinner and David Hylton, 47, of WC1.

**Event****Fireworks herald dockside re-opening**

**3** LONDON Pleasure Gardens is gearing up for its grand opening this weekend with a two-day eclectic celebration.

The free Paradise Gardens Festival will feature music, dance and arts as well as the world's largest hokey cokey record attempt conducted by music hall personality Ida Barr.

The event will showcase the Gardens' setting beside the royal docks – a 21st century take on the Georgian pleasure garden, with a former wasteland totally

transformed into a 35,000 capacity event space.

One of the highlights will be a fire and pyrotechnics show based around the listed building Silo D, a landmark visible from the nearby DLR line.

The event will commemorate and relive the colossal Silvertown munitions factory explosion which devastated the site back in 1917.

Music will come from Alabama Three, Musical Youth, Ska Cubano, and Hypnotic Brass ensemble among others.

Go to [londonpleasuregardens.com](http://londonpleasuregardens.com).

**Olympics****Firms to let their staff stay at home**

**4** COMPANIES across London are preparing to allow their employees to work from home or take time off to watch the Olympic Games, according to research.

The CBI's poll of 250 firms found that most were positive about the event in general but almost half were concerned about their level of preparedness and the possible impact on transport as well as their ability to conduct business.

CBI London director Sara Parker said: "With only a month to go, the scale of the challenge is becoming clear and some businesses are still nervous."

**Health****Hospital heads for special measures**

**5** THE trust that runs Elizabeth Hospital in Woolwich is expected to be put into special measures by the Government after running up debts of £150million in the last three years.

South London Healthcare NHS Trust received a letter from Health Secretary Andrew Lansley criticising its management and its standards of care.

He warned it was about to be put into the "unsustainable providers regime", which would see a special administrator installed to take over.

The trust defended its record.

**POLITICAL**  
**NOTES&VIEWS****With Lutfur Rahman****Executive mayor, Tower Hamlets Council**

**T**his week, Jackie Sadek, chief executive of UK Regeneration, a developers' lobbying group, launched a deeply unpleasant attack on our borough.

She wrote: "There is that very special vortex of madness, that place which sensible people would do well to avoid – Tower Hamlets."

"I don't suppose that anyone who works in Canary Wharf has the faintest idea of what goes on in the host borough (that is if they even consider Canary Wharf to be in 'that borough' at all)."

Clearly Ms Sadek is ignorant of Tower Hamlets Council's excellent relations with Canary Wharf, and the fact many residents work there.

She then claims that a recent planning decision about the Fruit and Wool Exchange will result in lost jobs.

She does not pause to consider the effect on employment of the eviction of existing businesses in the Exchange. Unlike Ms Sadek, the borough has to consider the wellbeing of all its people, not just developers.

Tackling worklessness is one of my top priorities. Through my agreement with Locog, residents have been offered more than 1,700 Olympic jobs. Over the past three years, 1,000 young people have started an apprenticeship in the borough.

None of this is of remote interest to Jackie Sadek.

**“**Many residents work in Canary Wharf**”**

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The final shafts will be 30m in diameter and 44m deep

# Ready to greet Liz down under

## REGENERATION

Shafts appear on Peninsula for boring machine

Giles Broadbent  
@wharf.co.uk

VAST shafts have been opened up on the Limmo Peninsula neighbouring Canning Town to take the 1,000 tonne boring machine that will dig the tunnels for Crossrail.

Construction of the 150m long machine, called Elizabeth, has just begun at a site in Tilbury Docks and, over the next four months, components will be transported to the Docklands for re-assembly.

Lowered in sections into the shafts, Elizabeth will then start linking the eastern section of the cross-capital line with the central London stations.

Workers have reached the temporary bottom of the two huge launch shafts and are starting work on sprayed concrete lined tunnels to



Crossrail will link east London to the City and beyond

connect the two shafts. The larger of the shafts is 30m in diameter and will be 44m deep when completed.

Limmo Peninsula is a key Crossrail worksite from where Elizabeth and sister machine Victoria – due this winter – will be launched to build Crossrail's longest tunnel section running 5.16 miles to Farringdon station via Canary Wharf.

Crossrail's eastern tunnels project manager Peter Main said: "These machines will carve 1.2million tonnes of

material from under London and help build a rail line that will transform rail transport in the capital."

Crossrail plans to build a new dock and conveyor system at Limmo to take the excavated material from the eastern tunnels to Wallasea Island in Essex by ship where it will create Europe's largest man-made inter-tidal nature reserve.

The dock will also be used to receive more than 120,000 concrete segments that will line the tunnels.

## £480m boost for Peninsula

HONG Kong billionaire Henry Cheng Kar-Shun has agreed a £480million deal to kick-start the Greenwich Peninsula regeneration project.

Mr Cheng's Knight Dragon, will pay £180million to secure a 60pc stake in the Greenwich Peninsula project and

invest £300million to start development.

Quintain Estates and Development, which owns the remainder of Greenwich Peninsula, has seen its share price affected by continuing question marks over its ability to finance the project.

Quintain chief executive

Max James said: "This is a transformational deal for Quintain and is the next step in realising the value in our key London projects by attracting significant third party capital."

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## SPECIAL FEATURE

In association with The National Lottery

# National Lottery Scratchcards Just Got Bigger



The **£4 Million Scratchcard** offers the **biggest ever payout** of any National Lottery Scratchcard and could reveal a multi-millionaire winner in an instant – but would we then want a celebrity lifestyle?



*"There are now a full range of Scratchcards to suit all players, ranging from £1 and £2, to £3 and £5 which offer more games to play and higher value prizes to win on one card. The £4 Million Scratchcard is perfect for gifting or as a treat and you could win the chance to join The National Lottery Millionaires' club instantly!"*

The **biggest ever National Lottery Scratchcard** has just hit the UK and gives Brits the chance to pocket a massive **£4 million** if they are lucky enough to reveal the winning prize amount and symbols under the latex.

The **£4 Million Scratchcard** costs **£10** to play and at the time of launch\*, it offered over **£120 million** in total cash prizes including four top prizes of **£4 million** each. It has the best National Lottery Scratchcard odds of winning any prize, at 1 in 3.3.

If we had a cool **£4 million** to spend, **80%** of us say we would first grab the best house that money could buy and then would jump on a plane for a true holiday of a lifetime (**70%**). **76%** say they would share their wealth

with friends and family, and over a quarter (**29%**) would invest some of their winnings back into their local community.

If we had the chance to lead a true celebrity lifestyle, one out of two of us would holiday whenever and wherever we wanted (**53%**), or get our hands on a holiday home like the rich and famous (**28%**). Although in general, **88%** of us think that footballers top the list of the most overpaid celebrities, if money was no object, we'd be most likely to buy a **£60k** helicopter like **Angelina Jolie** reportedly has (**20%**), invest in **Daniel Radcliffe's** rumoured **£11k** mattress (**17%**) or consider, if you believe the gossip, buying **Brad Pitt's** lavish **£620k** art collection (**12%**).

**£4 Million  
Scratchcards  
are available from  
retailers across  
the UK.**



## A National Lottery Scratchcards spokesperson said:

*"The **£4 Million Scratchcard** launch has created a real excitement among players as it offers the **biggest ever payout** of any National Lottery Scratchcard, making those lucky top prize winners into multi-millionaires instantly."*

\* Some prizes have been claimed since launch. Research carried out online by Opinion Matters between 31/05/12 and 06/06/12 amongst a panel resulting in 1152 respondent UK adults. Games Rules and Procedures apply. Players must be 16 or over. © National Lottery Commission 2012.





## Gillian paints water colours

ACCLAIMED Docklands artist Gillian Burrows recovered from a drenching at the Queen's Diamond Jubilee boat pageant to complete three paintings of the iconic day.

She has now released limited edition copies of the works with a substantial chunk going to children's hospice Richard House.

Gillian said: "I was delighted to have been invited to paint the event but it turned out to be a difficult project as the weather was cold and rainy. It was awful."

A total of 250 limited edition copies of each painting will be for sale at a price of £150, complete with a certificate of Gillian's attendance at the pageant. The charity will receive £40 of the price tag.



## School revels in brief sunshine

Bishop Challoner School Fun Day avoided the rain and saw hundreds of pupils and parents enjoying a variety of attractions, raising money for a partner school in Tanzania.

**Understanding your baby / Family P80**



## NEWS IN BRIEF

Business round-up

### Barclays scales new heights

**CANARY WHARF** Barclays Bank has teamed up with Richard House Children's Hospice in Beckton for Power Peaks.

On Friday, July 6, fundraising teams from the Wharf bank will attempt to climb Ben Nevis, Snowdon and Scafell Pike in England in under 24 hours.

Meanwhile, their colleagues in London will attempt to climb the stairs of Heron Tower, One Canada Square and One Churchill Place in under three hours.

### DBC lays out plan for next meetings

**LONDON** Docklands Business Club has announced its list of events for later this year.

The next networking meeting will be held at West India Quay's Dutch barge The Leven on July 5, and the new Holiday Inn London in Commercial Road on August 16.

September's meeting will be held at the Marriott West India Quay and The Crowne Plaza Excel will be the venue for October.

Go to [docklandsbusiness.org.uk](http://docklandsbusiness.org.uk).



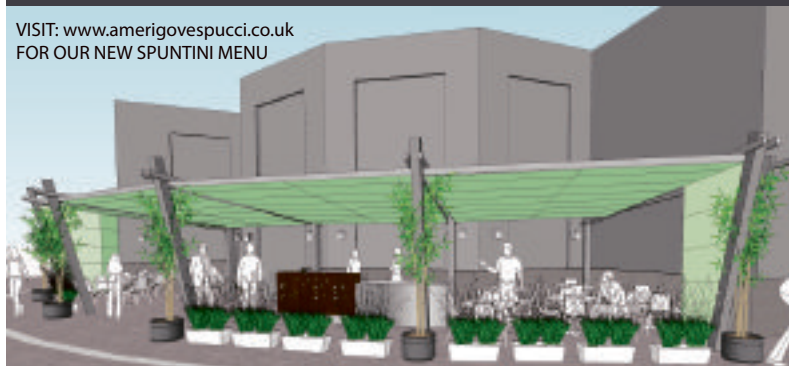
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**Health & Beauty / P76-79**

## Digest

999

### Body of royal tailor found

THE body of a tailor to the royal family who was missing for more than a week has been found drowned in the Thames near Poplar.

Savile Row tailor Harry Bhageerutty, 74, worked for Dege and Skinner as a master coat maker. The company has royal warrants to the Queen, the King of Bahrain and the Sultan of Oman.

Mr Bhageerutty was believed to have suffered from high blood pressure and memory loss and a post mortem gave the cause of death as drowning.

### Retail

### Tesco donates £500 to charity

A NEW Isle of Dogs store has celebrated its launch with a donation to voluntary youth organisation Leaders in Community.

Leaders in Community's Charlotte Forshaw cut the ribbon on the new Tesco Express store on Marsh Wall and received the £500 cheque from store manager Stephen Donnelly.

Charlotte said: "This money will help towards building our Youth into Jobs programme, supporting young people build their skills to increase their opportunities."



### Horse laugh

Zara Phillips, right, laughs as she sits with team member Mary King, during a news conference confirming the names of the Team GB equestrian squad for the Olympic Games, at the University of Greenwich

### Education

### Children give VIP speeches

TOWER Hamlets school-children gave speeches to an audience, including a minister and a leading entrepreneur, at a Bank of America Merrill Lynch Awards.

The Wharf firm's student presentation skills final last week was won by 14-year-old Wahida Tasnim of Mulberry School for Girls.

She beat competition from eight other finalists following a series of heats. Children's Minister Tim Loughton and founder of Localgiving.com Marcelle Speller were among the audience.

### Environment

### Beetle found a new habitat

THE rare streak bombardier beetle, once thought extinct in the capital, has found a new home.

Wildlife charity Buglife has completed a new habitat of bricks, chalk and rubble for the endangered invertebrate at the University of East London's Docklands campus when a brownfield site was destroyed.

Buglife's Sarah Henshall said: "Wildlife rich brown-fields are being lost at alarming rate across Thames Gateway. We had to create new habitat."

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## Fight for the heart and sole

**POLITICS**  
**blog**

wharf.co.uk

AS THE unions wrangle to get back their party from the Blairites - threatening to oust the Progress group from within its ranks - it is clear that the left/right tussle continues, two decades after New Labour came to prominence.

But a revelation from Blairite torch-bearer Alistair Campbell has cast new light on the rightward bias of the NL architects.

Campbell, under probing questioning from student Temitayo Akindeinde revealed his bias is biological.

He affirmed that (like Temitayo) his right leg was shorter than his left, requiring insoles to keep him walking in a straight line.

If his Mile End Group audience doubted his word he removed his shoes and aired the devices.



Alistair Campbell signs a book he bought for student Temitayo Akindeinde after her "short leg" question

Unassisted by artifice, it was clear that Campbell naturally veers to the right.

The battle for the heart and sole of the Labour Party was won.

Campbell was delighted to receive a "question I've never heard before" after decades on the receiving end and promised to buy the student a copy of his diaries.

## Campbell weighs up post-Leveson politics

**MEDIA**

THE media according to Alistair Campbell. Now there's a book. Or a diatribe. Or at least something to submit to the Leveson inquiry, which is what Tony Blair's former spin doctor did.

And the book? That was the fourth instalment of his diaries - *The Burden Of Power* - which he launched in east London.

His diaries catalogue key turning points - 9/11, the Blair-Brown feud and the growth of the 24/7 media culture that made him the news story.

In the setting of Queen Mary University of London under the auspices of the Blair-friendly Mile End Group, he expanded on how post-Leveson politics may operate.

Referring to education secretary Michael Gove's outburst about the threat to press freedom, he said: "I thought that what Gove said was one of the most stupid ministerial interventions there has ever been."

"It's like Geoff Hoon had made a speech about the Hutton Inquiry during the Hutton inquiry. It's crass. And my worry is, he wasn't doing it as a freelance, he was doing

Cameron's leg work. What [the Tories want] is to get the Labour Party on the side of press curbs - which is how the press will present it - and restricting freedom - which is what they'll say - and get the Tory party on the side of getting the press back on board.

"And if that is the game it means we have learnt absolutely nothing about what's happened."

So where did it go wrong for the media?

"This isn't their fault but because of the pressures of TV, the internet and the rest of it, real investigative journalism is dying because these guys are having to blog and tweet and fill another page.

"I met a reporter at the theatre the other day. She is getting paid exactly the same shift rate as I was getting paid 30 years ago. The economics of newspapers is really, really tough.

"So out of this [Leveson Inquiry] has got to come the understanding that just as the BBC gets huge support proper, investigative journalism and proper, serious journalism ought to be getting support of some sort."

Campbell Backs Media Shock.

Giles Broadbent

### ON GORDON BROWN

“Brilliant but impossible. If he was just brilliant, that would be brilliant and if he was just impossible then it would be easy - elbow. But the fact that he was both... Near the end Tony said: 'Gordon and I are still head and shoulders above the rest. It sounds a bit boastful and it's probably right that he should be the next leader.'"

### ON ED MILIBAND

“He had a really tough start. Part of that was because most of the media were backing David [Miliband] and they decided 'let's kick Ed around a bit'. One quality that's important is resilience and he has stood up to it well. Cameron is starting to come over as really petulant and arrogant and Ed is putting him under pressure."

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# Still to come

## WHAT'S ON

### Milton Jones

Talks about his Greenwich Comedy Festival gig

### Alan Turing

Genius emerges from the shadow of obscurity



## HEALTH & BEAUTY

### Get that bikini bod

Tips from the experts on looking good on the sands

### Reform your body

David Crotty, right, talks pumping the iron



## PLUS

### Family

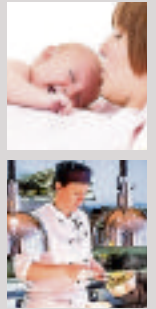
Communicating with baby

### Food

Marriott's meaty offering

### Travel

How Joburg has changed



FROM PAGE 73 – JUST LIFT OUT SUPPLEMENTS

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Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).



# I may have to sell my Olympic torch

Professor is keen to attract sponsorship

Rob.Virtue  
@wharf.co.uk

A TORCHBEARER set to carry the iconic Olympic symbol on the day of the Games opening ceremony may have to sell his copy of the torch if he is to help keep his charity going.

Professor Ed Berman, who was chosen for the role for his community work, needs to raise £20,000 for the Fun Art Bus to get up and running.

The scheme would see a Routemaster bus travel around inner-London estates where self-help groups will be set up.

The money is urgently needed for work to be carried out on the electrics on the bus, as well as equipment such as televisions, sound systems and signage.

"It's a great honour to be a torchbearer but selling the torch is something I will have to seriously think about," said the 71-year-old.



Prof Berman says he'd hate to sell 2012 icon

"I'd hate to do it but if don't get sponsorship, ideally in the next few days so we can compete in this summer's Festival of London, then that's what I'll have to do to try to get it running for the rest of the year.

"The torch won't make up the full amount. I'd also have to sell bits and pieces like my signed copy of a play Tom Stoppard wrote about me, which is also of great sentimental value."

Called *Dirty Linen And New-Found-Land*, the play was written by Stoppard about American-born Prof

Berman's arrival in the UK. It was directed by the professor when it was performed in the West End during the 70s.

Aside from his theatre work, Prof Berman has a long history working for the community, which recently included negotiating with JP Morgan and Canary Wharf Group to open a riverside walkway in Westferry.

Currently the London 2012 website has torches available from those who decided not to buy the one they carried.

These are currently selling for around £2,500, with one signed by David Beckham at £6,500 with five days still to go. Torchbearers are allowed to buy the aluminium flame-bearer for £199 after their run.

Prof Berman was nominated as a torchbearer through Coca-Cola and Lloyds TSB. He will carry the flame through Tower Hamlets on July 27.

He has also asked Games organisers if he could run with the aid of the bus. He said wryly: "I would argue others used a motorboat and a horse – why am I being discriminated against? Is it ageism or red bus discrimination?"

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# What's on

## GIG

Tristan Mackay

Canada Water Cultural Space



Tristan Mackay was a full-time busker at Kingston railway station when he was discovered in 2010 by Grammy Award winning record producer Martin Levan, who has worked with the likes of Rod Stewart and Pink Floyd. Levan tracked down the artist on MySpace.

His *Out Along The Wire* album has received positive reviews since its February release, with critics likening his music to Springsteen, Dylan and John Mayer mixed with James Morrison-esque vocals.

■ June 30, 7.45pm, £12(10), [thealbany.org.uk](http://thealbany.org.uk).

## OPERA

La Clemenza di Tito

The Space



Giornata Opera's debut production is a modern-dress staging of Mozart's final opera, bringing this cautionary tale of the trials of leadership into our own time.

The plot centres on young Tito, who ascends to the throne of the Roman Empire on the death of his father, Emperor Vespasian. Mistrusted by the populace, Tito is thrust into the seething viper's nest of Roman politics.

The libretto will be performed in the original Italian with subtitles.

■ July 3-7, 7.30pm, £14(£10), [space.org.uk](http://space.org.uk).

# Delivering the jokes is just an act for Milton

## COMEDY

Comedian talks about success, failure and the perils of playing festival dates

Rob.Virtue  
@wharf.co.uk

**W**ild haired comic Milton Jones is regarded as king of the one-liners and is Chortle's headline act of the year. *The Wharf* caught up with the west Londoner before he appears at the Old Royal Naval College's Greenwich Comedy Festival on July 16.

■ **It's your second year at the Greenwich Comedy Festival. What do you remember of your debut?**  
Being late and thinking, 'Oh this is bigger than I thought.' I've been to Up The Creek a few times, so when I see Greenwich I naturally think of that.

With other festivals, not Greenwich, you'd be performing and then everyone would get up to watch the White Stripes play next door. You then find if it's on for several nights the audience become more aware of how to behave and not to throw cups on the stage. As I remember the audience at Greenwich know how to behave. They are comedy educated.

■ **What can the audience expect from your performance?**

I'll be doing some older stuff and some of my material for next year's tour, *On The Road*. It's one-liners still but I'm trying to stick them into chunks. I won't say like storytelling; but just bigger chunks.

■ **Did you feel you had to focus on one-liners for your latest material as it's what your fans expect?**

If you're in a band people want to hear the older songs but if you're a



Jones was voted headliner of the year at the prestigious Chortle Awards in 2011

**W** Do you remember your first gig?

"I did a few open spots where I forgot my lines, tried to improvise and it went horribly wrong, so I stopped doing it for a few years."

comedian they don't necessarily want that.

They want something similar but not the same. I remember doing some work with Rory Bremner when he wasn't doing a show with any characters. The audience were like, 'We came for the funny voices and not the political stuff.' But if you don't change it up you'll go mad so there has got to be a balance.

■ **Last year was a big year with a successful tour and you also won Chortle's headliner of the year.**

There's an element of randomness about it like all awards. I think it's reaping the harvest from the last few years.

■ **I understand you've been performing stand-up since 1996. What did you do before that?**

I was trying to be an actor and not doing very much acting. You were always waiting for the phone to ring. So I was doing rehearsals and jobs like filing, decorating and gardening.

Acting was my first love and it wasn't until I really worked out if I was in character with mad hair and shirts I could combine the two.

■ **Do you remember your first gig?**

I did a few open spots where I learnt my lines, forgot them, tried to improvise and it went horribly wrong so I stopped doing it for a few years.

But success is like a drug and once I got that I just wanted more and you forget about the bad times.

*Greenwich Comedy Festival runs from July 13-20. For tickets, go to [greenwichcomedyfestival.co.uk](http://greenwichcomedyfestival.co.uk).*

## BOOK REVIEW

# Cityboy's shallow characters fail to impress

## Payback Time

Geraint Anderson (Headline)

★☆☆☆☆

I loathed Anderson's last novel, doling out one star for the feat of putting pen to paper.

So I was surprised to receive an extremely polite email from the columnist behind the Cityboy pieces in *The London Paper* (mists clearing?), asking whether I'd like a review copy of his most recent effort.

Curious, I answered in the affirmative.

The good news is, *Payback Time*, or at least the four fifths I've managed to scrape my eyes over, is an improvement on *Just Business*. Sadly, it's not much of one.

While Anderson has managed to tone down his fetish for the preposterous, this tale of a group of friends, who, with limited evidence, quickly place all



the blame for one of their number's apparent suicide at the door of the not too subtly named Geldlust Bank, remains profoundly confused.

They agree they hate the banks fleecing the common man and making millions at others' expense. So

logically they decide to do more or less the same to the bank, avenging their buddy by making a killing with some dodgy dealing. Nobody

ends up on the moral high ground – all need to be lined up against the wall.

But this isn't my main complaint. After spending significant time with them I simply don't care about Anderson's characters. Even though some City boys and girls may have the depth of a rapidly evaporating puddle; if you fill a book with such vapour folk it's unlikely to stir the reader enough to avoid your tome being cast down unfinished.

Jon Massey



# What's On

## SCREEN



### Joyful Noise

(PG) 117mins  
★☆☆☆☆

The title of Todd Graff's musical love story promises jubilation, or at the very least raised spirits, but any joy is fleeting.

Queen Latifah and Dolly Parton are well matched as the fiery matriarchs of an ailing church choir, and both actresses enjoy sparky dialogue and some stirring solos, but Graff's script is simplistic and cloyingly sentimental.

Characters are sketched in disappointingly broad strokes, singing from a hymn sheet that has been borrowed from the TV series *Glee*.

Praise be that Graff doesn't extend his saccharine sermon beyond two hours.



### Friends With Kids

(15) 107mins  
★★★★☆

Jennifer Westfeldt writes and directs an predictable ensemble comedy, dissecting the entwined fates of six friends, who live and work in Manhattan, over the course of four turbulent years.

Two pals decide to have a baby first and find a soul mate later to the dismay and joy of their various 30-something pals who are doing the family thing more traditionally if not more successfully.

Guess where this is going.



### Killer Joe

(18) 102mins  
★★★★☆

Tracy Letts's 1993 play, which exploded to life at the Bush Theatre, translates smartly from stage to screen in William Friedkin's portrait of treachery.

Matthew McConaughey is hired by disgruntled son Chris (Emile Hirsch) to kill his mother Sharla (Gina Gershon). When Chris fails to stomp up the hit man's fee, Joe demands the lad's emotionally unstable sister Dottie (Juno Temple) as a "retainer", and the film's moral compass whirls out of control.

## Time to take Turing out the shadow of obscurity

One of the great minds of 21st century finally receives recognition, writes **Giles Broadbent**

## EXHIBITION

### Code Breaker

Science Museum

**M**athematician and genius Alan Turing burnt bright and brilliant and briefly yet, for all that he was, he was never appreciated in his lifetime beyond the confines of his peers.

The conspiracies and circumstance set in place to ensure he remained obscure appear formidable.

Firstly, he operated in great secrecy in the (now) legendary Bletchley Park, helping to decipher the Nazi Enigma code.

There was an unbreakable bond of silence among Bletchley veterans that kept their work secret long after it needed to be so. War time leader Winston Churchill called his codebreakers "the geese that laid the golden eggs and never cackled".

So effective was this secrecy that Bletchley's (and Turing's) remarkable advances only began to emerge in the '80s and 90s. By that time, the notion that the US was the pioneer of the

computer age was firmly entrenched and Turing long dead.

Secondly, he was gay at a time when to be so was illegal and, in society's eyes, shameful.

An inquest ruled he committed suicide at the age of just 41 after swallowing a bottle of cyanide – although the verdict has been called into question.

It was 1952 and he had been convicted for committing a homosexual act and, in doing so, lost his security clearance and access to his computers.

David Rooney, curator on the Science Museum's new *Code Breaker* exhibition, said "Turing, who had undoubted eccentricities, was regarded with affection by colleagues. His treatment at the end of his life is a source of national shame."

"The exhibition is an opportunity to present the remarkable work of a man whose influence reaches into perhaps the most widespread pastime of the 21st century, the use of the personal computing device, yet whose name is probably unfamiliar."

If the secrecy was a constant guard against recognition, there was a third obstacle: the field in which he chose

Science Museum conservator Bryony Finn inspects the Pilot ACE computer – formerly the fastest computer in the world in the '50s, which was designed by Alan Turing, right



**W** What do you hope to achieve here?

**"To present the remarkable work of a man whose influence reaches into perhaps the most widespread pastime of the 21st century."**

**Curator David Rooney**

to excel – maths and computational science is fiendishly complex.

Indeed, if there is a weakness in the excellent and moving exhibition marking the centenary of his birth, it is in the nature of the exhibits.

While they are authentically dented, scraped, dusty and aged, their metal carapaces, occasional flick-switches and lack of recognisable function promote the idea they are the pointless products of abstract mind games.

In fact, these were the machines that took mechanical calculating devices – the sort that Victorian Charles Babbage would recognise – and pushed them on to the utilitarianism of the computer.

Key to that journey was the philosophical and conceptual framework of the computing device – Turing wrote the rulebook. He outlined what a computer was, how it would function, what it would do.

One of his legacies is a hypothetical device called a Turing machine – a device that simulates the cold logic of a computer algorithm.

## Aliens go from outer space to storage space

## SCREEN

### Storage 24

(15, 87mins)

**T**he good old days when ET simply wanted to phone home are long gone.

Otherworldly visitors want to annihilate and conquer, preferably via a series of expensive, special effects-laden set pieces that reduce iconic landmarks to steaming piles of twisted metal.

A 24-hour storage facility in south London is the epicentre of the destruction in Johannes Roberts's gore-splattered sci-fi horror.

The building's labyrinthine

corridors and snaking air ducts provide a suitably claustrophobic setting for the battle royale between a hideous extra-terrestrial predator and a motley crew of ill-equipped human prey.

Characters are slain in grisly close-up at regular intervals to satisfy gore hounds, while the script plays the usual mind games to bring an unlikely saviour to the fore at the crucial moment.

Based on an original screenplay by leading man Clarke, *Storage 24* is solid, entertaining but unremarkable genre fare, littered with undernourished characters and predictable twists.

The set-up is familiar, right



Noel Clarke as Charlie and Laura Haddock as Nikki in *Storage 24*

down to the opening scenes of a nameless dog walker who follows her pet into a gloomy warehouse where something nasty lurks in the shadows.

Johannes Roberts's film fails to replicate the shocks and mordant

humour of *Attack The Block* from a similarly loopy premise.

Clarke quips through the madness while his co-stars treat their predicament with seriousness, except for Ned Dennehy as a hen-pecked customer, who stares at the alien and sneers, "You're vicious, aren't you. Just like my wife, my Mary!"

Slick effects and a couple of fizzing one-liners boost the film's paucity of thrills.

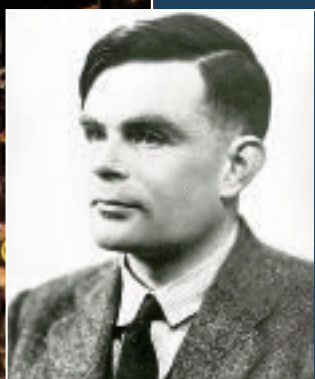
**Damon Smith**

## Our verdict

**Solid set pieces and presentation make up for lack of genuine fear**

★★★★☆





Marisa Kalvins inspects a Cybernetic Tortoise – designed to study the way animal brains function



But the exhibition demonstrates that Turing was far from such a machine himself.

On show are personal letters that soften the hard reproach of his familiar dark-eyed portrait to reveal a very human soul.

He lost a friend to TB when they were very young and his letters to the boys' mother are sensitive, supportive and insightful.

Rooney said: "We are able to show a more complete portrait of the man who, far from being the lone genius of popular belief, can be seen as a character with many endearing qualities."

Such was the extraordinary and devastating impact of Christopher Morcom's death, that it incubated in Turing the thought – or maybe the wish – that the mind could survive the body, a philosophical question that took him to psychic and paranormal investigation and on to the first stirrings of artificial intelligence.

Who knows where he would have ended up had he lived to yoke the extraordinary power of modern computers to his unfettered imagination and precise humanity?

In 2009 Prime Minister Gordon Brown apologised on behalf of the nation for the "appalling way" Alan Turing was treated simply for being gay.

Fittingly, pressure for an apology arose from an online petition to No.10 – an army of binary digits rallying to redeem their first champion, perhaps?

■ **Code Breaker: Alan Turing's Life And Legacy**, FREE, Science Museum, until June 2013, [sciencemuseum.org.uk](http://sciencemuseum.org.uk).

## Turing's legacy

Peter Jenkinson checks the latest expression of philosopher's dream – the tablet



Microsoft has unveiled its impressive looking "iPad killer" – the Surface, left, – boasting built-in stand and, crucially, a keyboard (of sorts) in the protective cover.

But whether Microsoft has a winner, and the general view is good, it is still playing catch-up.

The stampede to this sector was sparked by the launch of the iPad, now in its 3rd generation, yet there are many others looking for a slice of the action.

As well as being highly portable and increasingly sophisticated, tablets also have access to a burgeoning app marketplace.

Is it time to say goodbye to your full keyboard machine? Take a look at our pick of the top six tablets.



### iPad 3 from £399

A total of 3.1million pixels make it impossible to pick out pixels and now text is noticeably sharper. It also means you can watch HD films and enjoy a better gaming experience. Leading the way – again. [store.apple.com/uk](http://store.apple.com/uk)



### Asus Eee Pad Transformer Prime with docking station, £499.99

Use as a touchscreen device, or add the keyboard to increase your type speed and extend the battery life to 18 hours. With an ultra-speedy processor and a 32GB memory, it's no slouch. [amazon.co.uk](http://amazon.co.uk)



### Sony S Tablet, from £299

This tablet is designed to move its weight closer to your palm and the curved finish on the back means it sits at the perfect angle for typing when resting on a desk. This slick device has access to PlayStation games. [currys.co.uk](http://currys.co.uk)



### Samsung Galaxy Tab 10.1, £399

With a 10.1in touchscreen, this gadget is about the best Android tablet you can get. The display is outstanding and the stereo speakers offer a decent audible surprise. [carphonewarehouse.com](http://carphonewarehouse.com)



### BlackBerry PlayBook P100-16WF, £162

This tablet is well worth consideration if you own a BlackBerry smartphone, as the devices link seamlessly to each other. Previous concerns over a lack of apps for the PlayBook are being overcome. [pixmania.co.uk](http://pixmania.co.uk)



### Motorola Xoom HD Tablet, £379.99

Inside Motorola's offering is a lightning-quick processor that makes web browsing a breeze. The Android-powered device boasts a HD 10.1in screen and has a micro HDMI output so you can show your tablet imagery and videos on a TV screen. [pcworld.co.uk](http://pcworld.co.uk)

## DVDS



### Young Adult

(15) 93mins

★★★☆☆

Mavis Gary (Charlize Theron) has seen waning popularity for her Waverly Prep novels for young adults.

Desperate for creative inspiration, Mavis is distracted by an email from old boyfriend Buddy Slade (Patrick Wilson) and his wife Beth (Elizabeth Reaser) announcing the birth of their daughter.

Convinced that this is a sign from the universe that she should win back Buddy, Mavis travels to her hometown of Mercury, to steal back her former beau.

*Young Adult* is a scabrous black comedy from the writer of *Juno* about a faded beauty queen who clings on to the past. Theron fearlessly sinks her teeth into the lead character who is deeply unlikeable.

Once the end credits roll, it's debatable whether Mavis has learned anything.



### Hunkydory

(15) 105mins

★★★☆☆

In 1976 Swansea, teacher Vivienne (Minnie Driver) struggles to stage a rock musical based on Shakespeare's *The Tempest* set to songs of the era by David Bowie and ELO.

She's also counselling the play's leading man Davey (Aneurin Barnard) the lad through his heartbreak, inflaming his raging hormones. Meanwhile, classmates and teachers are wrestling with an array of dilemmas.

*Hunkydory* is a feel good rites-of-passage drama, shot on location in South Wales.

Marc Evans's film taps into the popularity of *Glee* to chronicle growing pains during a comprehensive school musical.

The trials and tribulations in Laurence Coriat's screenplay are familiar and the resolution to each conflict is predictable but Evans's film has a sweetness and sincerity that is difficult to resist.

**Damon Smith**



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**Christian Malcolm / P87**

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# Focus Health &

## Put in the hours to

**Lisa Haynes** reveals how to turn heads in time for the summer holidays with a few words from the experts

**B**ad news for all those planning a slinky swimsuit regime – the longest day of summer has officially been and gone.

So if you haven't already started thinking about your beach body, now's definitely the time to mark your bikini SOS plan on the calendar.

The dreaded flesh-flaunting season means bikini angst for more than half of women (53 per cent) who say they feel less confident about their bodies in the summer months, a survey by Nurture skincare reveals.

Yet dedicating just an extra hour or so per week to your beauty routine can really yield results.

### Tone tactics

■ More than 54 per cent of women feel most self-conscious about their stomachs, according to Slendertone.

Being an enthusiastic gym bunny is the first step towards a slimline figure, but achieving a flat stomach doesn't start and end with exercise.

"Cut out sugar, alcohol and carbs and start taking a probiotic supplement two weeks before your holiday to help boost levels of friendly bacteria in your digestive system, which can help reduce bloating," says Fiona Hunter, nutritionist for Simple cosmetics.

Avoid fatty diets, too, if you want to keep your skin smooth and supple. "Yo-yo dieting is bad for your skin because you end up becoming deficient in key nutrients, which can loosen the skin's elasticity," she says.

Familiarise yourself with a circulation-boosting body brush and follow with a firming cream and twice-daily massage to help keep your skin taut and toned.

### Skin perfecting

■ Cellulite and stretch marks are linked with hormonal and genetic factors, so some people are much more prone than others.

Stretch marks usually appear after rapid weight gain or loss, with the most common affected areas being breasts, bum, thighs, hips and stomach.

"For best results treat stretch marks when they first appear pink and are early in development," says Sally Penford, education manager at the International Dermal Institute.

"Moisturise three times a day to help the skin become more pliant, hydrated and better able to stretch.

"Look for skin products that contain vitamin E, cocoa butter, shea butter, omega-3, wheat germ oil and hyaluronic acid."

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## Beauty

# get that bikini body

### Smooth operator

■ There's nothing worse than looking down from your sun lounger and seeing flashes of unsightly stubble.

Ditch the razor blade. Sunlight exposes re-growth even more than usual, so if you haven't had time to squeeze in efficient laser hair removal sessions, waxing will keep body hair at bay for longer than shaving.

Alley Laundry, Parissa's waxing guru, says: "The first time you wax will likely be the most sensitive but it gets easier over time. Any discomfort only lasts for a couple seconds and the smooth results last for weeks."

"It's all about choosing the right product for you. If you're a beginner, I suggest starting with pre-waxed strips that are ready to use – just press on and zip off – no heating or fussing required."

Wax strips are also suitcase friendly so ideal for touch-ups when travelling.

### Get your glow on

■ If all fails on your bikini body mission, cheat with a self-tan. Darker skin and shading in the right areas automatically makes your limbs look leaner.

After you've applied a base layer of subtle tan, wait 10 minutes for it to soak in before applying a second tactical coat on the areas you want to slim.

"To create the illusion of a slimmer waist, spray the self-tan directly onto the hip area and around onto the side navel," says celebrity tanning artist Amanda Harrington.

"Wipe in large sweeping motions with a tanning mitt to blend into your base layer of tanning cream. Spray onto the upper sides of the navel to create the darker edges down the sides of your silhouette."

The same principles apply



**W** What effects can I achieve?

"To create the illusion of a slimmer waist, spray the tan on to the hip and navel areas."

to create the illusion of longer legs. Spray tan onto the sides of the thigh from hip to knee, then use long strokes up and down with your tanning mitt until completely blended.

Also spray the back of the calves, and upwards, to slim down the backs of your legs.

## Health & beauty shortlist

### ■ Malika

Threading eyebrows and facial hair, Cabot Place, Canary Wharf.  
[malika.co.uk](http://malika.co.uk)

### ■ Curious Comb

Hair and beauty salon, Humber Road, Blackheath.  
[thecuriouscomb.co.uk](http://thecuriouscomb.co.uk)

### ■ Bikram Yoga

Hot yoga centre, Vestry Street, Shoreditch.  
[bikramyoga.co.uk](http://bikramyoga.co.uk)

### ■ Kleins

Hair and beauty, Port East Warehouse, West India Quay.  
[kleinshairandbeauty.com](http://kleinshairandbeauty.com)

### ■ New Medicine

"Naturopathic medicine" and detoxes, Joshua Street, Langdon Park.  
[newmedicine.org.uk/home](http://newmedicine.org.uk/home)

### ■ Premier Laser Clinic

Laser hair removal and beauty treatments, Commercial Road, Aldgate East.  
[londonpremierlaser.co.uk](http://londonpremierlaser.co.uk)

### ■ Cosmedics

Cosmetic surgery and beauty treatments, North Colonnade, Canada Place Mall, Canary Wharf.  
[cosmedics.co.uk](http://cosmedics.co.uk)

### ■ ReGeneris Spa

Massage, nails, hair and beauty, Delacourt Road, Blackheath.  
[regenerisspa.com](http://regenerisspa.com)

### ■ Physiotherapy London

Specialist physiotherapy treatments, Westferry Studios, Canary Wharf.  
[physiotherapy-specialists.co.uk](http://physiotherapy-specialists.co.uk)

### ■ Trinity Laban Pilates

Pilates, acupuncture and sports massage, Laban Creekside, Deptford.  
[trinitylaban.ac.uk](http://trinitylaban.ac.uk)

**Get in shape / P78-79**

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## Win movie goodies / P85

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## Crossword & Sudoku / P85



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# Focus Health &

## Getting the tools so you can attain your goals

### FITNESS

Trainer who helps celebs get in shape says he has what Wharfers need

**Rob.Virtue**  
@wharf.co.uk

**F**ancy climbing a mountain, running a marathon or even just squeezing into that wedding dress? Then Body Reform could be the firm you need to go to.

After operating his personal training company out of the Reebok Sports Club for eight years, Body Reform owner David Crottie decided to go it alone with his team of highly qualified trainers and has now set up shop on the top floor of Cabot Square Mall. Sessions at the studio start at £65 and the celebrity client list includes the likes of Graham Norton, Jane Fonda and Barclays chief executive Bob Diamond. It's a niche operation aimed at busy Wharfers.

"These people here are extremely time poor," said Australian David. "If they want personal training they want it extremely intense and then it's back to work. They're time poor but they're willing to pay."

They also don't want to traipse back home for a GP referral if they get injured, so having the adjoining Pure Sports Medicine – a totally separate company – is a massive benefit.

With a variety of machines and a huge number of weights to get you in shape Body Reform's the go to health centre for those that want to get in shape quickly and David's focused on helping his clients achieve their goals.



**David Crottie of Body Reform says his Wharf clients are time poor so want high-intensity training to make the most of their sessions**

"You might have the miles in your tank for a marathon but if you're not doing the strength work on your legs you could get injured and ruin it all," he said.

"There's no way you can get through that amount of running without an injury if you don't get the right help."

But it's not just help with taking part in the big sporting events that people come to us for.

"We've had a fair few ladies come to us saying 'I'm getting married in six months and want to look good in my dress', said David. "And then we've had wedding dress companies get in touch and say 'no more – she's perfect for the dress'. They order us to stop."

Go to [bodyreformpt.co.uk](http://bodyreformpt.co.uk) for more information.



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## Beauty

## Q&amp;A

**Will protein shakes help me lose weight?**

If you replace regular meals with shakes then the chances are you'll be substantially reducing your calorie intake and will lose weight, but you'll also be missing out on many of the nutrients you'd get in a proper meal.

And if you eat normally and add protein shakes you could end up gaining weight.

While studies in this area are being undertaken all the time, current thinking is supplementing with protein shakes is unnecessary unless you're doing a huge amount of training or struggle to get your intake from the usual sources.

### Top tip

**Keep going until you're over the finish line:** Friday's on the horizon so make today the day you max out your workout to give you enough credits in the bank for a fun night out.



REUTERS

## FITNESS WITH LAURA WILLIAMS



### GET THE LOOK

Andrew Garfield

**A**ndrew Garfield stopped smoking and started eating sushi well before he started filming the latest Spiderman movie.

**How he does it:** Andrew trained six days a week for six months with personal trainer Armando Alaracon working on more unusual forms of exercise such as skateboarding, parkour (free running) and plyometric (explosive) exercises.

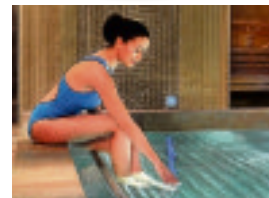
**Do it for yourself:** Even if you haven't got to get in shape in time to play an arachnid superhero, there's no reason why you can't use plyometric exercises to boost your routine. These explosive moves can help develop different types of muscle fibres and will help with overall body strength and stability. You'll ramp up your metabolic rate too – try adding these two simple plyometric moves to your routine:

■ **The Tuck Jump** is a lower body exercise that increases strength in the hips, legs and trunk. Stand with feet shoulder width apart, knees slightly bent and lower into a squat. At the bottom of the squat, jump straight up bringing your knees toward your chest in midair and grasp knees briefly with arms before releasing your legs and landing as softly as you can. Repeat.

■ For the **Plyometric Push Up** lower yourself to the ground as you would with a regular push up but when you push back to the top, push hands into the floor briefly and then quickly lift hands off the ground for a few milliseconds. Then try adding a clap. Repeat.

**6** Months Garfield's been training to appear as Spiderman

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# Family

## Unravel code to find out what your baby is saying

### CHILDCARE

Vivien Sabel explains how she learnt to decipher her child's body language

Lisa Salmon  
The Wharf

If parents could talk and understand baby language, looking after a baby would be so much easier.

In the past, such communication was simply in a parent's dreams.

But now, a baby expert has set down how to understand what a baby says, and how parents can "talk" back.

Such communication has been named The Blossom Method by the woman who discovered it, Vivien



Sabel, who has written a book to describe in detail how it works.

The method teaches parents how to recognise and understand their baby's non-verbal communication, which is expressed through unique movements, facial expressions, sounds, and mouth,

lip and tongue shapes (tongue-talking), many of which usually go unnoticed.

Sabel, who named the method after her own daughter, Blossom, said: "It is possible to hear a baby's 'words', but only if you are 'listening'."

In addition, Sabel's new book

explains how parents can "talk" back to their baby, by mirroring expressions and tongue and mouth shapes.

She said: "Newborns stick out their tongues all the time, in different ways to indicate different things."

"They stick it out in a flaccid, central position when they're looking for food, and they slide their tongue from east to west on their bottom lip when they're searching for something."

Sabel encourages parents to mirror such tongue movements if they're made by their baby, so the child feels their parent knows what they're trying to say.

"They've spoken, and you indicating the same message back shows you can hear them."

In a nutshell, the method uses a three-step approach:

■ **Observing:** Noticing tongue, lip and mouth movements, facial expressions and body language, and recognising any special needs associated with these movements.

■ **Mirroring:** Showing baby you've heard what he/she has said by copying their expression/movement.

■ **Responding:** Acting on the message baby is giving, and thus reassuring him/her that you've understood.

She studied many babies when putting The Blossom Method together, and stresses that all speak a similar language – with slight differences, just as there is in verbal communication.

"It's about wholly taking in the experience of your baby," she says.

Using the method means baby's needs are met, she explains, and therefore their need to cry is less.

"Their needs are met before they reach the crying stage."

She said her own daughter rarely cried, which was a "massive indicator" that the method met her needs.

Sabel's own mother was deaf and didn't use sign language.

"I've come from a non-verbal background and I've been brought up with body language. It was always a movement or a glance or a flicker of my mum's eyelids that gave me a message – I was highly attuned to it."

She said: "When I had my daughter, I instinctively thought, 'What is she going to be telling me?'"

"Other people wouldn't necessarily be looking for a baby's non-verbal communication. It's been around forever, it's just that nobody had noticed."

Above, Vivien Sabel with Blossom, now seven



*The Blossom Method: The Revolutionary Way To Communicate With Your Baby From Birth* is published by Vermilion, priced £7.99.



### WORKING MUM

By Tabitha Ronson

Am I turning into shade of grey myself?

The latest buzz in the office is the so-called "mummy porn" trilogy *Fifty Shades Of Grey*.

Firstly: Where have these people been to have just heard of EL James' naughty novels?

Secondly: Just because I'm a mummy why do they assume I have read these books? Do you have to be a wizard to read Harry Potter?

The subject entered the arena when Young Colleague announced to the office that she had received a well-thumbed copy of the first in the *Fifty Shades* trilogy at the weekend from her mother.

She was happy to confess her ignorance about the series up until this point, stating it's because she doesn't own a TV. (The fact EL James is the talk of every newspaper, magazine and social network site seems to have escaped her attention.)

Young Colleague often plays the non-licence fee-paying card in an attempt to come across as more cerebral to our boss. It has our boss fooled who refers to her as "The Creative" but not the rest of the office.

"We're the ones who listen to Young Colleague 'slip up', forget her high-minded position, when she makes reference to having watched episodes of *Supersize vs. Superskinny* on her laptop."

Having raised the subject of Erika's erotica Young Colleague decided to go into great length and detail about the chapters she had read so far.

It had the team gripped, especially the list of what lead character Anastasia Steele will and won't do with or to the dashing dark Christian Grey.

I must confess from what she was saying it does sound marvelously inventive but, to date, I have yet to succumb to the lure of this titillating trend.

The attention then turned to me. Young Colleague sweetly asking what my favourite "bits" are in the book, before adding: "It's what all mums are reading, isn't it?"

No!

*Working Mum, wondering when she was lumped in with the same age bracket as Young Colleague's 60-something mum.*

“From what I heard it did sound inventive

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# Food

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## BARS

### New summer menu and draught at pub

THE Cat And Canary, above, is celebrating a season of sporting fun with the launch of a summer menu.

Highlights include Gloucester old spot sausage (£9.25), a ploughman's (£9.50) and meat platters (£18.95).

The pub in Fisherman's Walk has also brought in Wild River on draught, a Fullers American-style IPA made with a mixture of US and British hops, at £3.60 a pint.  
Go to [fullers.co.uk](http://fullers.co.uk).

## RESTAURANTS

### Decision delayed over burger outlet

BURGER fans will have to wait to find out whether Greenwich Council will approve plans to open a new McDonald's in Church Street, Woolwich.

More than 1,000 people have signed a petition in support of the move, while a counter-petition opposed to bringing another McDonald's to the town has attracted 154 signatures. Woolwich's Powis Street outlet was the first to open in the UK in 1974.

Last week councillors met to discuss the proposal but deferred a decision to carry out a site visit.

## RESTAURANTS

### Half price lunches at Italian outlet

WILDWOOD at Jubilee Place is offering half price lunches until July 20. The offer runs from 10am to midday.

Go to [wildwoodrestaurants.co.uk](http://wildwoodrestaurants.co.uk) for more information.

# New grill stands out in a crowded marketplace

## REVIEW

### Manhattan Grill

West India Quay

Rob.Virtue

@wharf.co.uk

**M**aybe it's the fault of the American banks that Canary Wharf is rapidly becoming the home of the steakhouse in London.

The arrival of Boisdale last year was followed by Goodman and Le Relais de Venise L'Entrecote, each offering its own twist on the meat slab dish.

The popularity of the steakhouse concept is obvious now those ranks have been joined by Manhattan Grill at the Marriott West India Quay.

The hotel has more reason than most to focus on steaks as a vast number of its clients come from the land which gave us the cowboy.

But is the market saturated?

Well, this much talked about new arrival – the replacement for the fish-focused Curve restaurant – doesn't think so.

To the ambience first and gone is the whiteness of Curve and the overbearing and ultimately pointless bar by the doorway.

The walls are now covered in stylish and traditional wooden panels and the bar has been replaced with a "wine preservation system", a fancy gizmo that allows for tasters and fine Rothschild vintages by the glass.

Meanwhile, the outdoor seating area overlooking West India Dock is a welcome addition, crying out for a heatwave.

As for the food, under the guidance



The Manhattan Grill replaces the seafood-focused Curve restaurant at the Marriott West India Quay

**W** Does the food justify the hype?

"While the prices are high, the quality matches them and the 14oz wing rib, served with bourbon peppercorn, was up there with the best in the area."

of new Mexican executive chef Damian Trejo, it seems the wait has been worth it.

The choice of steaks, cooked in a broiler at 650F, come from Creekstone



Kansas USDA Black Angus and Scottish Aberdeen Angus. Prices range from £26 to £39, not including sides.

While those figures are high the quality matches them and the 14oz wing rib, served with a bourbon peppercorn sauce, was up there with the best in the area.

For a cheaper option go for the lunchtime specials – you can have a smaller two and three course selection for £15 and £18.

Other dishes, such as the roasted black cod and lamb rack, looked equally glorious on their way to the tables of fellow diners.

But it was away from the mains – and thanks to the direction of the professional staff – that we found a gem of a starter in the shape of some of the biggest king prawns I've seen served around these parts.

Enormous and incredibly tasty, they were served on a bed of ice with marie rose sauce, lemon and tabasco sauce (£10).

So is there room for more steak on the Wharf?

Judging by the tables that filled up around me on a Wednesday lunchtime there certainly seems no shortage of appetite.

Manhattan Grill, 22 Hertsmere Road, Canary Wharf, London, E14 4ED, 020 7517 2808, [marriott.co.uk](http://marriott.co.uk).

## Our verdict

The Manhattan Grill has been worth the wait

★★★★☆

Camino Monumento, 15 Mincing Lane, EC3R 7BD, 020 7841 7335, [camino.uk.com/monument](http://camino.uk.com/monument).

Jon Massey

## Our verdict

Perfect for after work drinking and dining

★★★★★

# More quality from Camino in the City

## REVIEW

### Camino Monumento

The City

The man behind the three Caminos, Richard Biggs tells me his Wharf establishment Puerto Del Canario does well if the sun's shining.

But it's battling a difficult location in Westferry thanks to the apparently dormant state of its neighbouring Riverside South development. Where JP Morgan's finest were expected to tread, bare concrete still awaits hard hatted labourers.

So only those hardy Wharfers prepared to deviate from their rigid commuting paths make it. There they discover a gem: inventive tapas and a dedication to sherry that borders on the manic.

And I'm delighted to report that those marooned in the City, far from both the Wharf and King's Cross can grab a slice of Biggs' brilliance too.

Stroll (resist the obvious) up Mincing Lane and you'll find the brand's vibe has translated well to the Square Mile.

Replacing a bland pasta chain with its blend of stripped back functionality and absurd Spanish junk, this place is ideal for an after work drink (frozen glasses under the counter to keep the wheat beer chilled) or for serious, but relaxed dining.

The tapas flows to the table effortlessly – barely cooked ox flesh on the bone from the Basque country being one of the best – backed by an amusingly frank wine list and superb service.



tasting note



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
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## Women seeking men

**Guy's Text n' Chat. Text in now and chat to local people.**

Send : **CHATUP018** To : 65125 (T&C's below)

**ORIENTAL** beauty 21, seeking older, solvent gent 70 plus for friendship/relationship. **Tel No: 0906 500 3729 Box No: 392697**

**38YR** old attractive female, likes swimming, seeking British, professional, handsome male for serious relationship. **Tel No: 0906 500 3729 Box No: 391758**

**JEM** 24 new to this, WLTW someone who also enjoys fine wine/dining for good times and adult relationship, 28-45yrs. **Tel No: 0906 500 3729 Box No: 392497**


**CARIBBEAN** female, early 60's, lively, energetic, outgoing, likes travel, meals out, seeks male with similar interests. **Tel No: 0906 500 3729 Box No: 392335**


**VOLUPTUOUS** curvy, young at heart female, 60, 5ft 6ins, dark red hair, hazel eyes, N/S, likes music, travel, meals out, socialising, seeks tall, young at heart male, 58-64. **Tel No: 0906 500 3729 Box No: 392307**


**CARING** romantic, down to earth, bubbly female, 40, looking for gent for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 390967**

**OUTGOING** attractive slim lady, 60's, seeking mature male to move on. **Tel No: 0906 500 3729 Box No: 392111**

**VANESSA** attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. **Tel No: 0906 500 3729 Box No: 387184** 

**LINDA** bubbly 62yr old, attractive, seeks gent for meals out, good times and maybe more. **Tel No: 0906 500 3729 Box No: 392053** 

**FRIENDLY** lady, 55, attractive, size 14, seeks medium build gent, N/S, kind, positive, sincere for friendship, good times and togetherness. **Tel No: 0906 500 3729 Box No: 391897** 

**FEMALE** 48, 5ft 8ins, short brown hair, seeks male, 30-55, easygoing with similar interests. **Tel No: 0906 500 3729 Box No: 391601** 

**SINGLE** black female, late 40's, attractive, intelligent, warm, loving, caring, honest, seeks black male, up to 63. **Tel No: 0906 500 3729 Box No: 391533**


**TINA** 50 plus, young looking, widow, kind, hardworking, seeks male for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 386971** 


**YOUNG** looking 43yr old white female, dark hair, blue eyes, attractive, sensual, size 14, shapely, curvy, 5ft 6ins, artistic, seeking male, 23-73 for discreet fun. **Tel No: 0906 500 3729 Box No: 391255**


**VERY** attractive female, 61, likes travel, theatre, nights in, seeks white, Christian male, 60-67 for friendship, leading to romance. **Tel No: 0906 500 3729 Box No: 387745**


**ATTRACTIVE** Capricorn female, good sense of humour, mid 40's, N/S, likes most things, cinema, meals out, pubs, looking for genuine N/S white male for friendship maybe more. **Tel No: 0906 500 3729 Box No: 334685** 


**DONNA** 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLTW mature male for romance 25-45yrs. **Tel No: 0906 500 3729 Box No: 391117** 


**KAREN** 38 slim and attractive seeking confident professional for companionship, status/looks unimportant. **Tel No: 0906 500 3729 Box No: 392407** 


**MICHELE** very attractive black single mum, 32yrs, someone you could take home to your mother, seeking a one in a million guy. **Tel No: 0906 500 3729 Box No: 391879** 

**LYNDA** very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. **Tel No: 0906 500 3729 Box No: 386653** 

**KEIRA** 34yr old very attractive naughty female, fed up of staying in alone, looking for likeminded naughty boy for fun times. Can be discreet. **Tel No: 0906 500 3729 Box No: 384055** 


**HI** I'm Jo, petite, pretty, fed up with own company, seeking male to help me get back into the swing of things, for uncomplicated fun times together. **Tel No: 0906 500 3729 Box No: 387103** 

**DEBBIE** slim outgoing approachable attractive lassie, 33yrs, GSOH, sporty, looking for non serious fun male for friendship, maybe more. Any age/looks/status. **Tel No: 0906 500 3729 Box No: 387101** 


**SHARON** 37yr old attractive feminine size 10, employed, OHAC, single mum of one, seeking similar lonely male with mature outlook. **Tel No: 0906 500 3729 Box No: 385655** 

**VAL** compassionate outgoing female with a big heart and no preconceptions just looking for love with similar minded male. Call me. **Tel No: 0906 500 3729 Box No: 383155** 

**GENUINE** professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. **Tel No: 0906 500 3729 Box No: 389699** 

**SALLY** 34yr old nurse, slim build, attractive, likes meals out, seeks LTR with caring male who won't break my heart. **Tel No: 0906 500 3729 Box No: 391019** 

**NINA** black beauty, classy 21, loves to have lots of fun, seeks older man who is willing to come up with a few new ideas for adult fun times. **Tel No: 0906 500 3729 Box No: 381361** 


**TALL** busty female, endless legs, enjoys wild side of life, seeks confident male to try new things with, Can accommodate. Age/status unimportant. **Tel No: 0906 500 3729 Box No: 376772** 

**PAT** tactile social female, seeking manly male with GSOH who can make me laugh and make me feel special again. **Tel No: 0906 500 3729 Box No: 391015** 

**LIZ** 52, looking for East London man of similar age for LTR. **Tel No: 0906 500 3729 Box No: 390887** 

**51YR** old female, brown hair/eyes, GSOH, seeking genuine guy for love and romance. **Tel No: 0906 500 3729 Box No: 390615**

**ATTRACTIVE** black lady, warm, loving, caring, medium build, nice smile, seeks honest, genuine gent for serious relationship. **Tel No: 0906 500 3729 Box No: 390667**

**49YR** old professional black lady, likes meals out, holidays, cinema, seeks honest, sincere, genuine white male for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 390241** 

**VOLUPTUOUS** young at heart female, 60, 5ft 6ins, dark red hair, hazel eyes, N/S, likes music, travel, socialising, meals out, GSOH, seeks tall, genuine, caring male, 58-64. **Tel No: 0906 500 3729 Box No: 390153**

**BARBARA** young 60's, looking for nice gent for friendship. **Tel No: 0906 500 3729 Box No: 377351** 

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**ATTRACTIVE** black female, likes keep fit, travel, cinema, socialising, seeks honest genuine male for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 389547** 

**CURVY** lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. **Tel No: 0906 500 3729 Box No: 387343** 

**WIDOW** needing company, sociable, outgoing, 75, taken for 65, feeling 55, 5ft 7ins, elegant, likes dancing, seaside, coach holidays, animals, theatre. **Tel No: 0906 500 3729 Box No: 389423** 

**ATTRACTIVE** young 59yr old female, 5ft 6ins, dark hair, brown eyes, N/S, many interests, seeks tall, slim, young at heart, caring gent, 55-65 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 384197**


**HAPPY** go lucky 50yr old female, blonde hair, blue eyes, seeks genuine, happy go lucky male of similar age. **Tel No: 0906 500 3729 Box No: 359051** 

**SANDRA** 5ft 8ins, looking for fun loving male for holidays, weekends away, cinema and concerts. **Tel No: 0906 500 3729 Box No: 388225** 

**FEMALE** 62, looking for genuine, sincere, kind gent, 60-70 for LTR. **Tel No: 0906 500 3729 Box No: 386685** 

**CAROL** attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. **Tel No: 0906 500 3729 Box No: 388979**


**BLACK** female, 39, seeks white male, 50-59 for serious relationship, possible marriage. **Tel No: 0906 500 3729 Box No: 390390**


**CURVY** attractive, intelligent black lady, 45, seeks male of similar age, any nationality with conscience, caring, considerate ways. **Tel No: 0906 500 3729 Box No: 389886** 

**BLACK** woman, 40's, caring professional, average build, home owner, funny, reliable, caring, seeks white male of similar age, professional, honest and funny for LTR. **Tel No: 0906 500 3729 Box No: 388921** 


**21YR** old female, dark hair, hazel eyes, confident, likes music, seeks male for relationship. **Tel No: 0906 500 3729 Box No: 385473** 

**ATTRACTIVE** slim, good looking, warm, kind, black female, seeks educated, cultured, funny, good looking man for relationship. **Tel No: 0906 500 3729 Box No: 385931** 

**BEV** early 40's, three children, 5ft 8ins, brown hair, green eyes, medium build, GSOH, honest, reliable, caring, likes cinema, theatre, meals out, seeks male for happy times. **Tel No: 0906 500 3729 Box No: 386709** 

**PATRICIA** outgoing, confident, feminine, warm, friendly, smart, good company, attractive, seeks similar male. **Tel No: 0906 500 3729 Box No: 347215** 

**PASSIONATE** curvy, blue eyed blonde seeks male to share sexy conversations, a nice bottle of wine, cuddles, kisses and maybe a bit more? **Tel No: 0906 500 3729 Box No: 370326** 


**PRETTY** petite brunette, loves music, quiet nights in seeks lovely mature male who can make her feel sexy again. **Tel No: 0906 500 3729 Box No: 374426** 

**SULTRY** dark eyed brunette, longs for adventure and excitement with broad-minded man, perhaps you can help? **ACA. Tel No: 0906 500 3729 Box No: 375208** 

## Men seeking women

**Ladies Text n' Chat. Text in now and chat to local people.**

Send : **CHATUP018** To : 65125 (T&C's below)

**51YR** old divorced male, Mediterranean, seeks female, 30-55 for relationship. **Tel No: 0906 500 3729 Box No: 392945** 

**VERY** attractive young Asian man, 45, seeks no strings attached fun with younger female, discreet, honest and caring. **Tel No: 0906 500 3729 Box No: 392923** 


**GENUINE** black guy 28, medium build, open-minded, seeks down to earth female. **Tel No: 0906 500 3729 Box No: 392907**

**CAPRICORN** 48yr old male, brown hair/eyes, seeks slim-medium build female, 35-55 for possible relationship. **Tel No: 0906 500 3729 Box No: 392905** 


**ATTRACTIVE** white male, good build, 38, seeks slim Indian female, 25-45 for LTR. **Tel No: 0906 500 3729 Box No: 392895** 

**PROFESSIONAL** Asian male, 59, good looking, honest, reliable, fun, likes sports, travel, seeks attractive female for LTR. **Tel No: 0906 500 3729 Box No: 392885**

**INDIAN** male, 5ft 6ins, seeking easygoing female for no strings, discreet fun. **Tel No: 0906 500 3729 Box No: 392799**


**45YR** old male, pilot, looking for lady who enjoys the finer things in life. **Tel No: 0906 500 3729 Box No: 392795** 

**JOHN** young 60's, gentle, considerate, romantic, seeks affectionate, loving, black female 35-55 for friendship **Tel No: 0906 500 3729 Box No: 392789**

**ATTRACTIVE** male, tactile, looking to meet lady, 35-65 for fun times. **Tel No: 0906 500 3729 Box No: 392679** 

**45YR** old male, brick layer, seeks female, 35-45, slim with preferably brown hair/eyes for relationship. **Tel No: 0906 500 3729 Box No: 392637** 

**ATTRACTIVE** blond, blue eyed male, 48, genuine, sincere, fun loving, OHAC, GSOH, seeks sincere fun loving, Oriental/black/Asian female. **Tel No: 0906 500 3729 Box No: 392845**


**RETIRED** Essex man, solvent, astute, no ties, N/S, humorous, handsome, seeks female as friend, lover, confidante for reciprocal hedonistic good times. Text me. **Tel No: 0906 500 3729 Box No: 392695** 

**BUILDER** 43, tall, good looking, GSOH, kind, considerate, easygoing, seeks female for relationship. **Tel No: 0906 500 3729 Box No: 392527**

**DETACHED.** Much sort after detached residence, very good condition, all mod cons, early viewing and acquisition recommended, seeking full/part time occupant. **Tel No: 0906 500 3729 Box No: 391499**


**CHRIS** 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. **Tel No: 0906 500 3729 Box No: 390718** 


**ATTRACTIVE** white male, 38, seeks female, 25-45 for LTR. **Tel No: 0906 500 3729 Box No: 392443**

**SEAMUS** 5ft 10ins, black hair, green eyes, average build, likes travel, weekends away, seeks female. **Tel No: 0906 500 3729 Box No: 392423** 


**MALE** seeks female, 18-25 for fun times and good relationship. **Tel No: 0906 500 3729 Box No: 391618**

**WHITE** male, 54, 6ft, medium build, likes meals out, cinema, travel, seeks nice, genuine black lady, 55-70 for 1-2-1 relationship. **Tel No: 0906 500 3729 Box No: 391929**

**ATTRACTIVE** male, caring, loving, seeks female for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 391664** 

**JOE** 47, 6ft, brown hair, blue eyes, good looking, seeks female to love and care for. Must be honest and caring. **Tel No: 0906 500 3729 Box No: 391660** 


**CHARMING!** Creative male, seeks shapely, attractive female, 30-39 to share enjoyable times, maybe more? **Tel No: 0906 500 3729 Box No: 391162**

**ATTRACTIVE** blonde, blue eyed male, 48, genuine, sincere, fun loving male, GSOH, seeks sincere, fun loving female. **Tel No: 0906 500 3729 Box No: 391685** 

**JOHN** WLTW nice lady to settle down with and enjoy life to the full. If you're the one pls call. **Tel No: 0906 500 3729 Box No: 392427** 

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**CUDDLY** affectionate trustworthy professional black guy 49yrs, seeks similar voluptuous fun female seeking a LTR. Any race/looks/age. **Tel No: 0906 500 3729 Box No: 391386** 

**40YR** old male, looking for female for fun, friendship, maybe more. **Tel No: 0906 500 3729 Box No: 392559**

**UNIFORMED** professional white male, seeks black female, 20-40's for fun, maybe more. **Tel No: 0906 500 3729 Box No: 392547** 

**LIGHT** skinned black professional businessman, attractive seeks white female 30-48yrs. **Tel No: 0906 500 3729 Box No: 391396** 



# Travel

## Forget the scare stories, much of the capital has been reborn

### SOUTH AFRICA

Johannesburg has been transformed into a vibrant metropolis, says **Roger St Pierre**

**J**ust a decade ago, downtown Johannesburg was arguably the most dangerous city on the planet.

Abandoned office blocks, boarded-up shops and streets frequented by muggers, rapists and murderers made it a no-go area.

As a result, the epicentre of South Africa's commercial capital moved inexorably to the respectable, fashionable and well-policed suburb of Sandton, with its trendy restaurants and sparkling boutiques.

But now the pendulum is swinging the other way. In a remarkable turnaround, downtown Joburg is rapidly being brought back to life.

The key is youth. University expansion has brought a flood of young people into the area, crime rates have dropped and long abandoned office blocks have been transformed into student accommodation.

Multi-storey car parks now hold fashionable farmers' markets and loft conversions fill old warehouses.

Bars, restaurants, clubs and other venues are springing up and once deserted streets now throng with decent people looking not for trouble but an enjoyable, and safe, night out.

It's amazing what some cosmetic surgery, a fresh lick of paint and a rejuvenated community have achieved.

Given such an inspiring environment, it's no surprise that the

arts and fashion scenes are thriving throughout Greater Johannesburg and the Gauteng region.

Held every September at the Sandton International Conference Centre is Art Fair (joburgartfair.co.za), the biggest celebration of painting and sculptural creativity in all Africa.

It's not only a wonderful marketplace at which to acquire outstanding works of art but also an opportunity to meet the artists who created them.

Running at the same time, the heavily promoted SA Fashion Week Winter Programme gives a catwalk display of the latest collections by highly talented local designers.

Thanks to a growing stock of attractions, Johannesburg is back on the tourist trail. Situated in the leafy residential suburb of Rivonia, the Lilliesleaf homestead was once deep in the countryside.

Fronted by white sympathisers, the estate served as a secret headquarters for the military wing of the then outlawed ANC.

Today, visitors can experience first-hand accounts of the events that led up to the infamous raid in 1963 that enabled the Apartheid regime to net many of the leading personalities of the struggle for racial equality, including Nelson Mandela himself.

At Constitution Hill (constitutionhill.org.za) I visited the prison and fort where he and many others were incarcerated in shocking conditions.



**Downtown Joburg used to be a no-go area filled with crime and deserted buildings but a recent influx of students has seen the district transformed with farmers' markets and cafes, above, springing up in once troubled streets**

It stands witness to a turbulent century of South Africa's history, from the times of rebellious Boer farmers, who fought the might of the British Empire to the students who took part in the Soweto Uprising.

Ever since Paul Simon went to Soweto to record his *Graceland* album, this massive township has opened up to visitors. Today you can even take a cycling tour through the shantytown.

Much of the area has been redeveloped, with pleasant flower-bedecked villas replacing the tin roofs and makeshift walls of the past.

A must-see in Soweto is the Mandela House at 8115 Orlando West, a simple abode but one that played an important role in modern South African history and is now a fascinating museum run by the Soweto Heritage Trust. Close by is Archbishop Desmond Tutu's similarly modest home.

Forget the scare stories of old – the true face of Johannesburg today is that of a vibrant and cosmopolitan 21st century metropolis.

### FACTFILE

■ Typical of the imaginative new developments in the student-filled Braamfontein section of downtown Joburg, the trendy Hotel Lamunu (lamunu.co.za) has 60 contemporary style rooms and a restaurant and bar.

■ The bijou Peech Hotel (thepeech.co.za) is in a leafy suburb 10 minutes' ride from downtown. ■ Roger enjoyed a luxury spa treatment at the Mount Grace Hotel (mountgrace.co.za) out in the scenic Magaliesberg hills.

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# Images



1

Tightrope walker  
Nik Wallenda walks  
over Niagara Falls.

REUTERS  
Mark Blinch  
CANADA

2

Farmers herd a flock  
of ducks along a  
street in Taizhou.

REUTERS  
China Daily  
CHINA

3

An art sculpture in  
an underground  
car park in Oslo.

REUTERS  
Cathal McNaughton  
NORWAY

4

Illusionist "Cyril"  
performs a stunt  
in Mumbai.

REUTERS  
Vivek Prakash  
INDIA



3



4





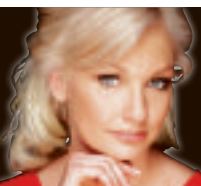
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Children seem to be taking up more of your time and energy. Just remember the old saying – you can lead a horse to water but you can't make it drink.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Think outside of the box if you want to solve your problems. You have spent too long doing what seems right to others, rather than what feels right to you.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

A change in your inner circle may not be to your liking but suits the person concerned. Try to focus on your love life instead – it needs some fine tuning.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Education is well starred and you develop a thirst for knowledge. Someone has a romantic confession to make – try to remain calm when you hear it.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Beware of an admirer who is not a good match for you – don't let them convince you otherwise. Be prepared to make compromises in your workplace.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Unexpected visitors make for an unpredictable weekend. You may not be in control of your life at the moment but the ride is sure to be a colourful one.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Upheaval in your home could make it hard for you to stay calm. Take risks in your love life on Friday – they will pay off and help you move on from the past.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

An interesting offer makes you realise that someone who seemed distant was nervous rather than frosty. Taking on too much can undo your good work.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

This is the beginning of a much happier and luckier phase in your life. You're no longer avoiding your friends as you've realised experience makes us wiser.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Make the most of the many opportunities the stars are presenting you with. You become closer to a family member who you had grown apart from.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

A difference of opinion could well spiral out of control. Flirtations are rife and you have the chance to choose rather than be chosen, for a change.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

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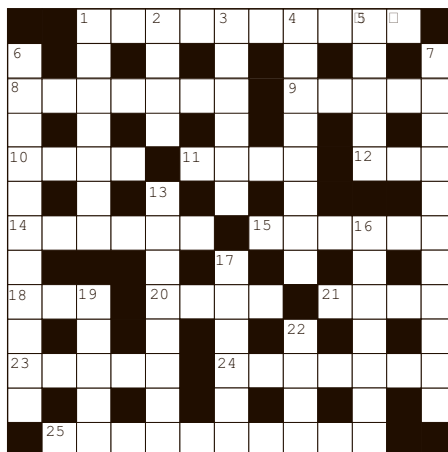
In addition the winner will take home a Storage 24 goodie bag which contains a T-shirt and a 2GB USB stick.

To be in with a chance of winning, just tell us which actor is pictured above in the film *Storage 24*.

Email your answer to competitions@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is July 6.

Include your name and full postal address and the details will be posted to you.

## Crossword



### ACROSS

- Modifies according to requirements (10)
- Arms depot (7)
- Scandinavian (5)
- Long journey (4)
- Hand part (4)
- Prosecute (3)
- Aide or bodyguard, informally (6)
- Branched horn (6)
- Viewing organ (3)
- Neckwear items (4)
- Biting insect (4)
- Edges of a roof (5)
- Herb type (7)
- Generally (2,3,5)

### DOWN

- Water tank (7)
- Loose granular substance (4)
- Lent out (2,4)
- Disgrace or public shame (8)
- Noblemen (5)
- Crabby (3-8)
- Beano (11)
- Throw overboard (8)
- Descent (7)
- Spring back (6)
- Diplomatic messenger (5)
- Expensive (4)

ACROSS: 1. Customises; 8. Arsenal; 9. Norse; 10. Trek; 11. Palm; 12. Sue; 14. Minder; 18. Ewe; 20. Ties; 21. Gnat; 23. Eaves; 24. Organ; 25. By And Large. DOWN: 1. Cistern; 2. Sand; 3. On Loan; 4. Ignominy; 5. Ears; 6. Bad-Tempered; 7. Celebration; 13. Jetts; 16. Lineage; 17. Recoll; 19. Envy; 22. Dear.

## Sudoku

### EASY

		4	2		9	1		
	7	9		4			2	
6		8				9	5	4
2			7		4			1
	3			2			9	
4			9		5			3
5	8	6				7		9
	1			5		6	3	
		3	8		6	5		

### HARD

	5		6		1			9
				5		6		7
			7			8	5	
	3						4	2
			9		7			
5	8							1
	9	1		4				
8		3		1				
2			3		8		7	

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net  
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

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# Malcolm keen to step up and win place in relay team

## INTERVIEW

Sprinter, 33, will retire knowing that he ran against the world's greatest

Rob.Virtue  
@wharf.co.uk

**T**eam GB's men's 4x100m relay team could be the best squad to be part of if you're a British athlete this summer.

Because while hopes of knocking Usain Bolt off his perch are still slim, you only need to watch a video of Athens 2004 and GB's amazing victory to remind you of what's possible.

And that's why Christian Malcolm, who qualified for the 200m at this weekend's trials wants to be in the final four.

At the weekend he was joined by fellow sprinters Adam Gemili and James Ellington in qualifying for the London Games and Malcolm, who at 33 is likely to be taking part in his last Olympics, said competition was strong for the relay team.

"The team could be a good mix of youth and experience which is needed to get a medal," he said.

On July 5 the selectors will decide who makes the GB relay team and Malcolm would love to be the older head among the promising younger athletes.

He's particularly impressed with Gemili, an 18-year-old who exploded

onto the scene just a few weeks ago when he became the second fastest European this year.

"I'd seen him and thought here's a kid with talent but you see a lot of kids with talent and you don't know whether they'll pursue it," said Malcolm.

"It's now down to whether he gets good training because he's got the head for the occasion. He's a down-to-earth kid and well-mannered."

The pair had a similar start in athletics. Malcolm had football trials as a youngster before opting for the track while Gemili, who has played at youth level for Chelsea and Dagenham and Redbridge, has had a tough choice in where his future lies.

"If he were to ask me I'd say look at your bank balance," joked Malcolm. "Sometimes I look at my bank balance and think maybe I should have done football."

"I'm just kidding. I love athletics and would never change it."

Before thinking about the relay, if he is selected, Malcolm first has the small matter of trying to outrun Usain Bolt in the 200m and pick up his first Olympic medal.

So would he rather the reigning champion was not lining up against him?

"No way. It's all about stepping up," said Malcolm, who has taken part in three Olympics before.

"When I retire I can say I've raced Michael Johnson, Maurice Greene, Usain Bolt and the list goes on.

"It's an honour to race these guys and something I will always remember."

Malcolm is supporting Links of London's Circle of 5 campaign. Go to [linksofondon.com/2012](http://linksofondon.com/2012) for details.



Sprinter Christian Malcolm qualified for the London Games last weekend alongside younger talents Adam Gemili and James Ellington

## SPORT IN BRIEF

Results and a diary date

### East teams win over Croydon

**FOOTBALL** Hackney and Tower Hamlets schools overcome Croydon 1-0 to win the Hawk Trophy in a cup final at Grays Athletic. The result saw the east Londoners crowned borough champions in under-16s football.

### Discus thrower just a little short

**ATHLETICS** Credit Suisse employee Abdul Buhari was unable to cement his place at the Games in trials at Birmingham over the weekend.

The discus thrower has already reached the distance needed but finished third in the trials – one place from automatically qualifying.

### Sevens event to be hosted at park

**RUGBY** West Ham Park will host the East London Sevens this Saturday. Organisers say they hope the 20-team event will be Newham's most successful rugby tournament.

Games are due to kick off from 11.20am. Live bands will perform during the day. Entry is free.

## 20.08

Malcolm's personal best in the 200m sprint

## WEEKEND FLUTTER

WITH THE RACING POST

### RACING

■ The Northumberland Plate takes place at Newcastle on Saturday, and with the ground looking as though it will be testing, the Alan King-trained The Betchworth Kid can run a big race. Stamina is his forte and one would expect him to be staying on strongly at the death. Off a mark of 97 he looks well handicapped on old form.

GETTY



Russian cyclist Denis Menchov

### CYCLING

■ Bradley Wiggins is the short-priced favourite for this year's Tour de France which starts on Saturday, but in a weak-looking field there may be some each-way value further down the list and Denis Menchov could fit the bill at 22-1. The Russian finished second the last time he took part in the Tour, in 2010 and should be motivated to do well this time round too.

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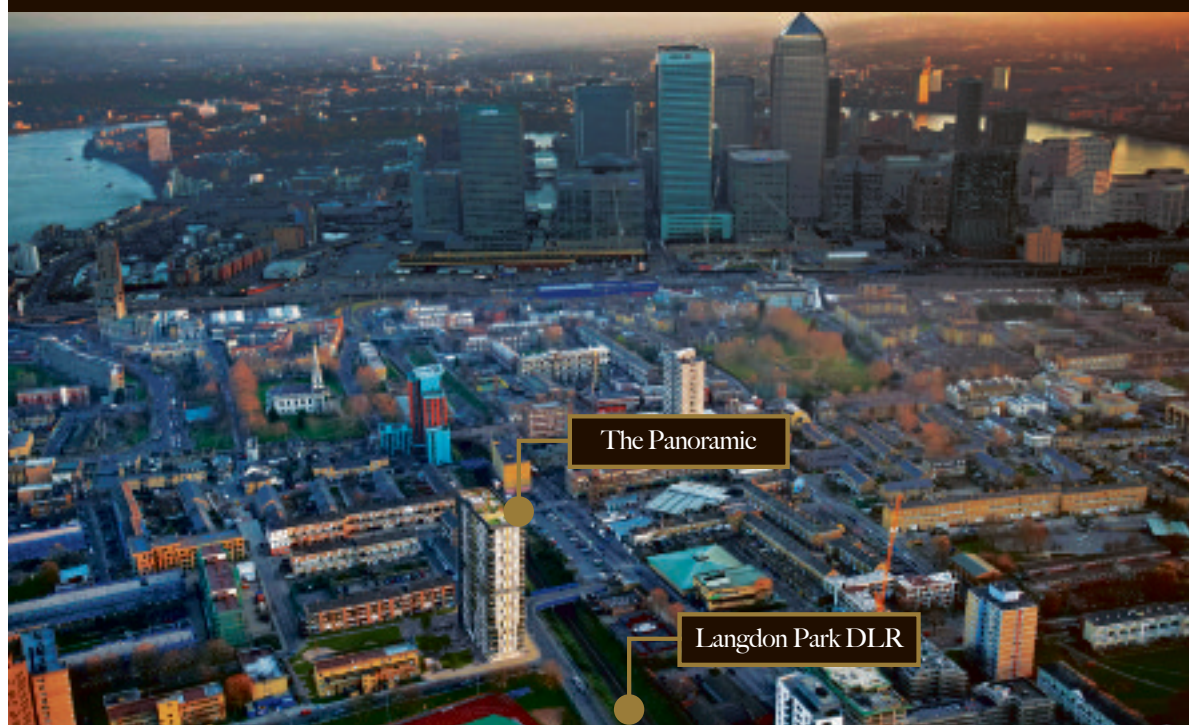


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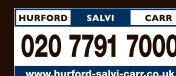
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